"Cook" Book

with the

Guided Tour of Natural Care

and

Resource Directory

what Dogs & Cats want us to know!

Paco (Danny's Sire), Danny Boy, Helen, George, Maggie Mae

by

Helen L. McKinnon

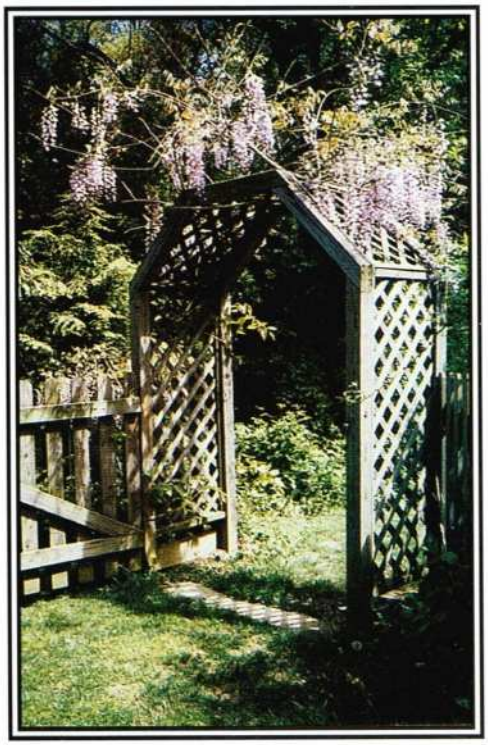
Foreword by

Deborah C. Mallu, DVM & Allen M. Schoen, DVM, MS

A portion of the sales of this book is donated to Animal Rescue Groups and Shelters

Printed with soy-based ink

I invite you to join me
and all those who are also feeding their dogs and cats
the way nature intended:
Fresh, Raw, Wholesome, and Varied.



The joy and vitality that fresh food feeding
has given my warm, loving, companion animals

has convinced me that I've taken the right path.
Let me share with you what I've learned along the way.

Shalom!

Helen

Helen L. McKinnon

Foreword

Now is the time for you to relax, put your feet up or sit in a hot bath and read this wonderful book from cover to cover. Helen has written this book in the story telling style of our native elders taking us out of our mental mode and into our hearts. Helen was moved by her experiences and knowledge gained walking the healing path with her cherished animal companion "Lady" and she will share this with you.

Over the years, commercial farming practices have depleted the nutrients available to us in our foods today. Processing of foods for convenience has filled our systems with toxins and depleted our foods of vital essence called Qi (chi). This has affected the health of generations of our companion animals, as well as ourselves. We must take responsibility for the health of ourselves and our family which includes the treasured animals we have chosen as our life companions. Self education and research of nutrition and holistic principles is paramount in shifting responsibility to self. You will take one step toward this responsible healing path by reading Helen's book.

In the years of our holistic practices, we have been educating our clients on the benefits of feeding home prepared food with raw meat, cooked grains and vegetables, and proper nutritional supplements. Helen logically counters every excuse we have heard from our clients and ourselves for not feeding home prepared diets. Helen will take your hand and walk you through the steps to better health for your companion animals with diet. She does not stop in the kitchen. You will find an array of resources for holistic care for your companion animals.

Many veterinarians are in transition from allopathic (conventional) methods of diagnosis and treatment to the holistic approach. Holistic medicine is giving us a new perspective on health. We need to move away from the habit of seeking which medicine, natural or allopathic, is best to help the disease. People still seek our help to assess the problem and dispense natural supplements and medicines. We are what we eat. Health begins with a natural diet. Follow your heart, listen and observe your animals, use your kitchen as Helen will show you and you will see your companion animals transform.

Deborah C. Mallu, DVM & Allen M. Schoen, DVM, MS

Please note

This book is not intended to be in any way a substitute for competent Veterinary advice. If your companion animal has a health problem, consult with a qualified veterinarian, preferably one who utilizes Holistic or Complementary modalities, with expertise in nutrition. Neither C.S.A., Inc. nor the author are to be held responsible for adverse reactions to any of the author's recipes, instructions, methods or recommendations, and assumes no responsibility for errors, inaccuracies, omissions or any other inconsistency and cannot be held responsible for any loss or damages resulting from information contained in this book. Any application of the information in this book is at the reader's discretion and sole risk. The recipes and methods contained in this book are utilized by the author to feed and care for her own dogs and cats. Holistic veterinarians have reviewed this book.

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Guided Tour of Natural Care
"Cook" Book & Resource Directory
what Dogs & Cats want us to know!

Recommended by holistic veterinarians and other animal caregivers who believe that companion animals need food that is Fresh, Wholesome and Varied.

It's unique, easy "big batch" method and recipes are the original creations of the author. Her step by step instructions explain just *how* to make home-made food for dog and cat companions, *and why*.

Home-made animal food is like making a different stew once a month.
Keep an open mind and be willing.
Watch out for "contempt prior to investigation".
Above all else, make a commitment!

A "How To" book using the KISS (Keep It Simple Sweetie) Principle.

The **Guided Tour** and **Resource Directory**
have a wide variety of helpful information such as:

- ❑ **Vaccinations - new information**
- ❑ **Heartworm - caution**
- ❑ **Acupuncture - live-saving point**
- ❑ **Safer Cat Litter**
- ❑ **Flower Essences Work**
- ❑ **Reflexology *Paw Chart***
- ❑ **Safer Antifreeze**
- ❑ **Dealing with Fleas**
- ❑ **Herbs**
- ❑ **Great Natural Products**
- ❑ **Holistic vets and Consultants**
- ❑ **Annual Wellness Check-ups**
- ❑ **Animal Communication**
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- ❑ **Baths, better way to trim Nails**
- ❑ **Internet Info**
- ❑ **Rescue/Placement Groups**
- ❑ **Homeopathy**
- ❑ **Lyme Disease - a vet's Homeopathic treatment Works!**

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The S. P. C. A.***

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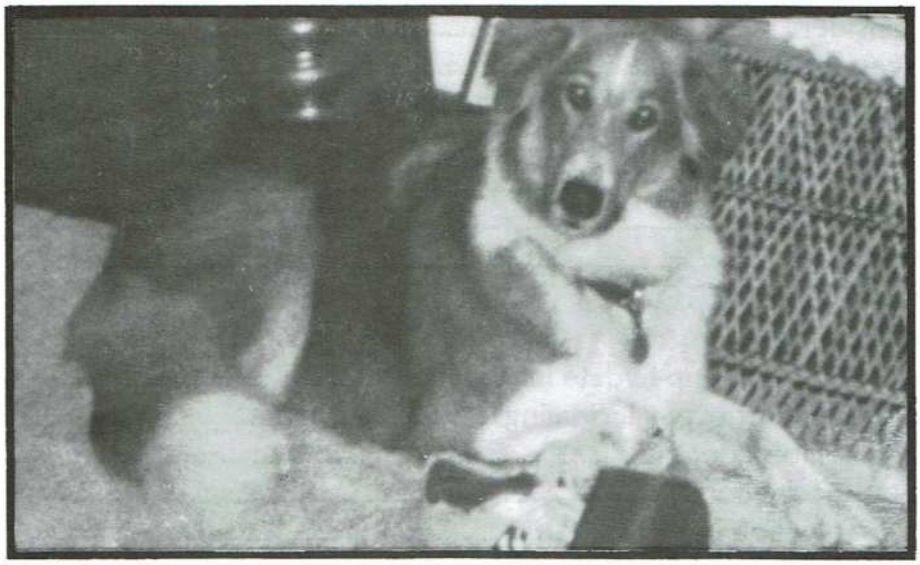


Lady

May 1, 1977 - October 7, 1987

This book is dedicated with gratitude

to

Lady

I had the privilege of having her unconditional love and companionship for only a little over a decade. Lady, a May Day puppy, was a beautiful and highly intelligent mixed breed dog (Border Collie, Golden Retriever, and German Shepherd). She was my patient teacher and I believe that if I knew then– what I know now– we could have had a longer time together. Even though she is with me in Spirit, as love never dies, I miss her dearly. I now have three other loving dogs, but Lady was truly an extraordinary being and I had never experienced that kind of Love before she came to me.

This little message from Richard Bach has helped comfort me over the years, especially when I recall my sweet memories of Lady:

"Don't be dismayed
at good-byes.
A farewell is necessary
before you can meet
--again.
And meeting again
after moments or lifetimes,
is certain
for those who are
Friends."

Fellow Travelers

The ancient legend says that when God was creating the world a huge chasm was forming, splitting the center of the earth and leaving the animals on one side and humans on the other. Seeing the humans moving further away and becoming distressed by it, the dog jumped the canyon gap, just barely making it - hanging onto the edge of the cliff with his front paws. The humans quickly ran to grasp the dog, rescuing him from falling into the abyss. Ever since, dogs have been considered to be in a category all by themselves and are called "man's best friend", described as loyal, devoted, faithful, and members of the family.

Dogs are herders, "soldiers" in times of war to deliver messages and medicines, trackers used in search and rescue, guides for blind and deaf, assistants for the physically disabled, retrievers in hunting, guards of humans and property, performers on TV, movies, and advertisements. Dogs can predict earthquakes, thunderstorms, and even their human's epileptic seizures and heart attacks (excellent TV program on this). Studies have shown that petting a dog lowers blood pressure and people living with them usually live longer and healthier.

With their keen sense of smell dogs can distinguish the difference between identical twins! The dogs and humans are partners in the special teams using their scent in finding criminals, missing persons, contraband, and most recently, cancers in humans!

Cats have been with humans for ages, and cat mummies were found in the Egyptian tombs with their mummified humans. During the Middle Ages, cats were thought to be evil and suffered terribly, but then became the heroes later when the Bubonic Plague hit. Plague is initially spread by the bite of a flea from an infected rodent and passes from person to person spread by mucus droplets. Some forms of plague still occur in most of the world. Control of plague requires control of wild rodents. Raising the level of public sanitation also prevents the spread of disease. The cats are natural predators and wiped out the rodents which had the disease-carrying fleas and also saved the grains in storage.

An enlightening history of the cat is in Catwatching by Desmond Morris, just one of the books listed in the Publications part of the Resources Section. The cat's sense of smell is referred to as "the most sophisticated laboratory on the planet", and just about anyone who shares their life with one would agree with that.

There are stories in the news on a regular basis about how the dog or cat "member of the family" saved the lives of their humans in the cases of fires and impending danger (People Magazine 7/14/97). Yes, these dogs and cats are very different from us yet, we live together. Mine make me laugh on a daily basis, reminding me to "lighten-up", that life is to be thoroughly enjoyed!

Something happened to me to change my consciousness concerning animals. I don't know exactly when this occurred, perhaps gradually, but I do know that animals are sentient beings and my beliefs are very different now as compared to those I remember as a child.

Several years ago I saw the following quotation. It was a catalyst for me in re-evaluating my belief system of animals and humans as simply different species who share this earth.

> **"We need another and a wiser and perhaps a more mystical concept of animals. Remote from universal nature, and living by complicated artifice, man in civilization surveys the creature through the glass of his knowledge and sees thereby a feather magnified and the whole image in distortion. We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err, and greatly err. For the animal shall not be measured by man. In a world older and more complete than ours they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."**
>
> **from The Outermost House by Henry Beston, in 1928.**

To be a dog or cat means that I'd never need to make my bed or pay for a mortgage. I wouldn't have to do any laundry or buy shoes. No need to get dressed or bundle up in the winter. I'd have no idea how to be mad at someone. Give me a stroll down the path and let me sniff the other guy's "messages". Really, I'd be content just to have my human to love and care for me, and I'll always "be there" for my person, even if it's in spirit.

We humans, who choose to share our lives with companion animals, are given lots of "opportunities for growth". Whether it is trying to house-train a pup or witnessing an animal's birth, or observing the sheer joy exhibited by a dog romping in play, we get to make many choices. Sometimes I think that I am the student and my animals are the teachers, even when I'm trying to "train them". Regardless of my mood, my looks, or stature, my animals are always happy just to be with me, eager to please, and convey to me that I'm "their special person". They shower me with unconditional love and instantaneously forgive my faults. I have yet to meet such a human!

Commitment vs. Involvement

In thinking about doing anything requiring my time and energy, I'm reminded of a little saying I heard or read not long ago:

> **"Commitment and Involvement is much like Bacon and Eggs: the chicken is involved, but the pig is *committed.*"**

Because of my desire to feed my companion animals what I believe is the best food, I realized that I was now making a commitment to them. I was accepting my responsibility as their provider and that meant to me an adjustment of my routine, an inconvenience, and my time and energy. The results speak for themselves and I have a much better feeling because I'm feeding them *my* food. Now, when I look at my dogs and cats, my feelings are kind of hard to articulate- suffice to say: a sense of satisfaction that they are being fed what I consider to be the best food possible. Somehow, I get the feeling they know this and in their own way communicate their appreciation to me.

This responsibility I feel for my animals is not a heavy burden, but more of a sense of respect for them and their needs. Until I made the change to home-made animal food, I never felt the depth of the meaning of the word commitment and W. H. Murray articulates my feelings so well.

COMMITMENT

by W. H. Murray

... Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that

the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.

I have learned a deep respect for one of Goethe's couplets:

"Whatever you can do, or dream, you can begin it. Boldness has genius, power, and magic in it."

Why make Home-made Animal food?

Quite simply, I want my animals to have long, healthy lives. Good nutrition is very important, and just one of the essential needs of animals. Food is a fundamental requirement to sustain life, and I've received conflicting and distressing information over the years regarding just what to feed my furry friends.

So I started to investigate what was available commercially, and came to my own conclusion that my animals deserved better. Even though the "Madison Avenue Types" would have me believe otherwise, I am absolutely convinced that home-made food is best for my animals. Once the transition to my food was made, the immediate changes for the better were amazing to me.

I first read the following quote back in May of 1978. It has served me well, when I remember it, to try to keep "an open mind" and be willing.

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance-- that principle is contempt prior to investigation."

-----Herbert Spencer

I have found out that just because something is "different" doesn't necessarily make it unworthy. If something works successfully for someone, and this sounds "unconventional" to me, I may do myself and my beloved animals a great disservice by passing judgment quickly and not seeking the truth.

For over a decade I believed that I fed the *best possible* dog diet, after all, I read all those labels, made the comparisons, and bought what I thought was the best dog food - "all natural, preserved with vitamin C & E, and with chelated minerals". I even made the extra effort to cook-up a weekly batch of rice, meat, and veggies to add to the dry commercial kibble.

My more thorough investigation of commercial pet food was initiated after reading the shocking article "Does Your Dog Food Bark? A Study of the Pet Food Fallacy" by Ann Martin, which appeared in Natural Pet Magazine (3/95). I read with horror of diseased cats and dogs euthanized, and the barbiturate was found unaltered in the end product - my dogs' food. (One small pet-food plant renders 11 tons a week of euthanized dogs and cats which were sold to them!) The animal proteins used in many commercial foods are diseased meat, road kills, contaminated material from slaughterhouses, fecal matter, poultry feathers all rendered together. Those decomposing animals- condemned material from the slaughterhouses- were "denatured": soaked in carbolic acid, fuel oil, kerosene and citronella.

The mainstay of dry foods are vegetable proteins which provide little nutritional value, as they are nothing more than sweepings and offal from milling room floors left over after processing. Our own U.S. Government agency that is supposed to regulate animal food, by setting the guidelines and definitions, is the AAFCO (Association of American Feed Control Officials). Their "Official Publication" states that there are no restrictions on the type of animals which can be used in meals, digests, etc. (meat meal, meat digest, poultry meal, poultry digest, etc.) Any kind of animal can be used including cats and dogs. Their list of "Feed Ingredient Definitions" includes:

> "Spray Dried Animal Blood, Hydrolyzed Hair, Dehydrated Garbage, Unborn Calf Carcasses, Dried Poultry Litter (processed animal waste - feces from commercial poultry and litter present on the production floor, Dried Ruminant Waste, Dried Swine Waste, Undried Processed Animal Waste Products (excreta, with or without litter, from poultry, ruminants or any other non-human animal), Urea Formaldehyde."

The **commercial pet food is** allowed to have additives, chemicals, excess sugar, and sodium. The author calls it **"Garbage laced with additives"**, and suggests that an additional labeling be on the pet food package: a skull and cross-bone insignia! (☠)

Well, needless to say, I was outraged at this atrocity condoned by our own U.S. agency! I was certain that the dry food I bought didn't have any of that garbage in it, but just to satisfy myself, I re-read the ingredients on the bag, only to find "meat meal and poultry meal" at the top of the list (I avoided all by-products). So I called the 800 number on the bag and asked the representative to please tell me what *precisely* is the meat meal and poultry meal. She said it is muscle meat. I then asked her why didn't the label state muscle meat instead of meat meal and poultry meal? Her reply was the same: "it's muscle meat." I explained to her that I had just read about what really is in the meat meal and that I had been buying that product for many years, thinking it was superior to all the others but I *really want to know from them, the manufacturers, the exact make-up of their meat meal and poultry meal.* She then took my name, address, and telephone number and told me that someone from their quality-control department would respond to my inquiry. It's been over three years. I have never heard from them.

I later read a quote of Dr. Wendell O. Bellfield: "Do you know what is in meat meal, the major constituent of dry dog food? ... Urine, fecal mater, hair, pus, meat [from animals, afflicted] with cancer and TB, etc." An excellent article on the internet is "Food Not Fit for a Pet" by Wendell O. Belfield, DVM which was excerpted from "The Dark Side of Recycling" in the Earth Island Journal.

For the average person, it's very confusing as the definitions given by the experts for things like byproducts, meat meal, poultry digest, and bonemeal are as clear as mud, as the saying goes. In making inquiries, one person will say byproducts are to be avoided because those aluminum bands on the chicken legs get ground up in the mix, and then another expert says just the opposite!

I then read that meal has a lot of nutritional value because it is meat with the water and fat removed. Let's face it, the only way to be certain that the food we are feeding our companion animals is truly fresh and wholesome, is to buy the ingredients ourselves.

Now then, my intention is not to have anyone feel guilty. After all I fed that "stuff" too, for years. I just didn't know any better, even though *I ate fresh food* in order to stay healthy, my dogs & cats got dead, dry "pet food".

Because of my love for my dear animals and my desire to give them the good food that they deserve, an entire chain of events transpired which launched me into my own company: It's For The Animals!, forcing an intensive study of nutrition and holistic health therapies. In all my years in high school and college, I've never studied so intensely! I have consulted with experts and my book shelves are overflowing. I attend seminars, workshops, and conferences and love them!

This network of like-minded folks is growing. It seems we all have one common bond: loving our animals, and wanting them to be healthy, living a good life *for as long as they're supposed to.*

**"If a diet is unnatural,
disease will keep company with those subjected to it."**
-------Juliette de Bairacli Levy
Author of The Complete Herbal Handbook for the Dog and Cat

Why My "Cook" Book Section?

At the 1997 Conference of the American Holistic Veterinary Medical Association, Dr. Allen Schoen said, "Life is a Journey, not a Guided Tour." There are lessons we each need to learn. I've found that if I try to avoid the lesson it always seems to manifest itself later on, and each time it's presented in a more difficult situation until I've learned that particular teaching.

Sometimes we have certain people in our lives who sort of take us under their wing or unbeknownst to them, we have thought of them as mentors or role models, and we have been helped by them in many ways (whether they know it or not!). Other times we can pick up a book and feel as though it was written just for us. My wish is for these marvelous things happen to everyone. My intent is to share my experience and by that the animals *and their humans* benefit!

I have many books on cooking for pets, and some recipes really shocked me, for example, in The Cat-Lover's Cookbook, one recipe which yields 2 pounds (wet)- the amount in the quart size yogurt container- calls for **3 TABLESPOONS** of granulated sugar, and is said to place "minimum stress on your cat's digestive organs and supplies the nutrients needed for growth as well as healing and tissue repair"!

I struggled to put together some great food to keep my warm, loving companion animals happy and healthy. It was very time consuming and some of my experiments really flopped! My tenacity served me well, and I found that not only do both the dogs and the cats love this home-made food, they are also more energetic and radiantly healthy. I believe that it's because they are eating the fresh food that I make for them instead of some commercial "stuff".

Well, let's face the facts: It's not always the people in the forefront who come up with the new ideas. For example, when "instant" photos became available, it wasn't invented by Eastman Kodak, but some guy by the name of Polaroid transformed the way many of us took our snapshots. Years ago I worked for a very small solar hot water firm. It seems that my boss was approached by a very big company that wanted to buy his little solar domestic hot water heating operation. My boss found out that a lot of very good small scale solar companies were bought up by the larger corporations. Turns out that the smaller firms and their technology sort of "disappeared".

I seriously doubt that we're ever going to see a "cook" book available from any of the **multi-billion-dollar-a-year commercial pet "food" manufacturers**. I understand that these manufacturer representatives are the "nutrition instructors" for the students in vet school. Not exactly unbiased information, wouldn't you agree?

Like most folks, I'm exposed to all that persuasive advertising, which some might call "brainwashing". With those lovely ads on TV showing the plump, fresh roasting chicken and the idyllic scene of the Golden Retriever frolicking through the blossoming meadow... why would anyone do anything but scoop out some "feed pellets" from the bag for "Max"? It's *so convenient.* Well, I used to have a very clean brain... and now that I know more, I can see through those intentionally slick commercials. And I'm far from alone, you'd be surprised how many people are making their own pet food.

Similar to a mom who's been "at it for years", domestic engineering and all that, I speak from experience. That's over fifteen years of making home-made dog food (my cats' home-made food is more recent). Secondly, most experts tell us average folks that dogs are like us, omnivores, and cats are basically carnivores (predators) and therefore need all the good nutrients and enzymes which are present in RAW FOODS. This is what they would NATURALLY eat, if they were living life in the wild. Predators eat the stomach contents of their prey (herbivores) which contain partially digested grasses and grains, etc. Therefore, some food is "cooked" but most is in the raw state.

We have been given a clear indication of what our predator animals, dogs and cats, *are designed to eat* - right under their noses!

Look and see for yourself the design of your dog's and cat's teeth. They are the teeth of predators: almost all incisor-shaped, with sharp points, similar to our front six teeth on our upper and lower jaws. They don't have all our flattened-top bicuspids and molars which we use to grind-up our food before swallowing. Their teeth are really designed to *slice through* food.

We are advised that their intestines are much shorter than ours, therefore the meat passes through quicker and doesn't have much time to putrefy. So, we find that our dogs and cats have some very basic physical characteristics which distinguish them, and have much to do with determining their food selection.

I see it this way: I love to watch all those wonderful animal shows on TV, and obviously those wild predators don't eat some baked-dry stuff from a bag or open a can for din-din. They don't get those chemicals and additives or synthetic vitamin preservatives, among other difficult-to-pronounce ingredients. Andy Rooney says, "Nothing in fine print is ever good news". Of course, those animals do not have any flea collars or tick dips, no heartworm medication, no dew claw removal or tail docking and ear cropping.

But they *do* get fresh food with lots of enzymes with predigested grains and plants from the stomach contents and they also get the organ meat. Let's remember that this natural food: fresh, raw, wholesome and varied, is very bio-available (absorbable).

Those wild animals don't get vaccinations with the detrimental side effects. They are trim, strong, and healthy, so long as they're not injured and there's plenty of food (prey) with clean water available. This is the way they have lived and evolved and survived *for ages*. In the very early times, (the good old days?), when dogs joined us humans in caves, I'll bet they got just what *we* ate, right off the campfire (when the men had a successful hunt) or more often, the women (gatherers) fed them portions of the berries, roots, grains etc. Again, they lived and evolved through the centuries.

Common sense tells us that
Animals need to eat *real* food, just as we do.

More and more often, people ask me *how* to make home-made food for dogs and cats, so that they can make it for their animal companions. This is a regular occurrence when I've got my dogs with me "for a ride", or when friends visit, because my animals look so good; sleek, shiny coats, sparkling eyes, and wonderful dispositions. There's just something strikingly *different* about their entire being.

In answering the questions of *how and why* I feed fresh, and raw food, invariably something or someone interrupts the conversation and the continuity is lost, as has happened many times, one example was during a long distance phone call with my childhood friend, Anita Persavich, now living in Virginia. She was busy taking notes and we only got about half way through when one of her kiddos needed her immediate attention.

In any case, this book is the condensation of years of first-hand experience, seeking vets' advice and lots of studying on my own. It's *not a quick* answer I can give as to how I make the food. However, I'm determined to apply that KISS principle (Keep It Simple Sweetie) as far as this "cook" book is concerned and explain that it's *not difficult* to make animal food.

Plus, it seems that almost every cook has "their little secrets" which are sometimes bestowed on only certain special individuals. For instance, while I was preparing the dough for the dog and cat treats, I was speaking via long distance with my sister, Eleanor Byrne in Madison, Wisconsin. She told me one of hers. She rolls out the dough between two large pieces of plastic wrap. Much neater, faster and no sticking. Pretty simple and it helped me out a lot. I've included tips which I have learned along the way.

Veterinarians, who see the dramatic difference home-made food makes in the animals, feel it's just essential to feed them fresh food. Some have even gone as far as making it a requirement in their veterinary practice that the animal must be fed fresh food! One vet said at a conference that if a person is too lazy or just refuses to prepare fresh food for their companion animal, then that person should instead seek out the services of another veterinarian. Wow! Now *that* is the kind of talk that I love to hear!

Following this Guided Tour of Natural Care, "Cook" Book, and Resource Directory, will not only help keep the furry family members happier and healthier, as in my own case, but it will also be of enormous help in facilitating the home-preparing of our dogs' and cats' food. Also, if your favorite vet is a believer in feeding companion animals food that is fresh, wholesome, and varied, then this "Tour" and my original "Big Batch" Method will be an answer to your prayers (and your dogs & cats!).

The **For Your Information Section and Resource Directory** contain information which I have found to be very helpful, including natural care tips such as my technique for the "whirling emery board" to make the doggie pedicure a good experience for both you and the dog, and how I clean my dogs' and cats' ears. I've got my favorite products, books, newsletters, and catalogs listed (unlike others, I do not charge for the listing). Over the years, I've found that information of tremendous value and thought others might also. After all, It's For The Animals!

GLAD TO HAVE YOU ON THE

It's For The Animals! Guided Tour of Natural Care!

WE TRAVEL TOGETHER ALONG THE JOURNEY OF LIFE EXPERIENCE,

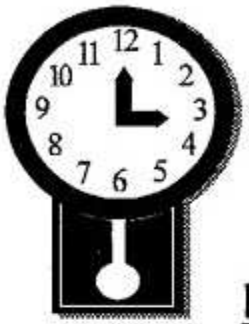
SHARING IMPORTANT INFORMATION, WITH TRIED & TRUE METHODS IN

CARING FOR OUR COMPANION ANIMALS,

BEING TRUE TO ONE'S SELF,

AND KEEPING THEIR TRUST

So here are my original recipes, tried and true. I've also done extensive reading and speaking with other folks who are also making their own pet food. This book is, thus far, the end-result of much trial and error. These recipes have been taste-tested by my dogs and cats (the cooked meat dinners, I also taste-tested), no substitute for experience, as the saying goes.



It's About TIME:

I often hear people say that they just don't have the time to cook for their animals, and that they hardly have time to cook for themselves these days. But consider the *whole picture*, if you will.

There is **time** at the special feed store, waiting in lines at the store, **time** sitting in traffic coming home from the store. Then there's the lugging of the heavy bags or cans. Invariably one of the animals gets into the bag and what a mess, with more clean-up **time**. And let's not forget about all those cans that need to be recycled- more **time**!

Aside from all the R&D to make their food, the I've spent a lot of **time** in the vet's waiting room, or in that little examining room. There's that **travel time** again, to and from the office. (I always hope that the previous patient isn't contagious!)

Many years ago, before being fed *only* home-made food, I found numerous lumps in Maggie Mae's abdominal area. Off to the vet's for X-rays, blood tests, and surgery: only to find out that these were "fatty tumors". All of this was very expensive, stressful to both of us, and **time**-consuming (3 trips to the vet). Since being been fed *exclusively* my home-made food there is only a few lumps which are getting smaller as time goes on. Now our visits to vet's office are for the wellness check-ups and the blood analysis - more on that later.

Prior to the cats being fed *only* my home-made food, my Golden Retriever, Paco would somehow manage to eat that old, dry commercial cat stuff. Within 48 hours he would have a terrible "hot spot". I'd try everything, even prescription medicine from the vet, (**more time**) and it would still look terribly painful and just awful with the fur all cut-off around it. The only "hot spot" I've seen since feeding *only* home-made food appeared right after Paco ate some chicken feed which we found to be moldy (left out for a visiting mysterious white peacock).

The truth is that we do make **time** for the things which we feel are important. Is it a waste of **time** and money to buy something which is convenient and cheap? Yes, it is when it comes to food which is fed on a daily basis. The quality of the food is of utmost importance. Don't you care if the meat or grain you might buy at that bargain price is contaminated or moldy?

The **time** I've spent in preparing home-made, fresh food for my animal companions has been well worth the effort. I've seen them become healthier and happier, some of the benefits are: no **time** under anesthesia to get their teeth cleaned because those raw marrow bones clean them naturally, no **time** cleaning up digestive upsets, and perhaps one of the most important benefits is that I've not spent any **time** worrying or feeling a bit guilty about the quality of food that I'm feeding my wonderful, loyal furry family.

I've attended many seminars, one was sponsored by Collie Network, a placement service for Collies, which my friend, Mary Lenertz helped organize. The presentation was given by Dr. Stephen Tobin, then President-Elect of The American Holistic Veterinary Medical Society. During the discussion on animal food, he advised the audience: "cats should never be fed dry food, as it sets the stage for a bladder infection". He also said: "Whatever you're making for your own dinner, so long as it isn't junk food, --make an extra plate for your dog." What a great idea! Bet we won't be seeing *that* advice on TV or in most magazines.

Whatever is Now seems to be Actually "Old Again"
What did our Grandmothers do for "pet food"?

Seems that truth has a certain "ring" to it. All the cute commercials and magazine advertisements may have tried to reassure me that I was doing the right thing for my animals - feeding that dry, dead stuff - day after day, year after year. But the reality is: I wouldn't eat it for even for one meal!

Yes, we all have just so much **time**. To make home-made food for our animals does take some extra **time**, and it *is* less convenient. But the fact is, we have to eat real food, so while we're at it, we can get extra for our pets and following my "big batch" method, we can make it up in a large quantity for the month and freeze weekly portions.

That Still, Small Voice:

More and more, I hear heartbreaking stories of dogs and cats getting cancer, kidney disease, liver disease, diabetes, thyroid problems, cataracts, debilitating joint diseases, severe allergies and skin disorders, or dangerous behavioral problems. Many of these are *not* old animals, either.

Before I fed my pets only home-made food, every so often I would sort of wonder (and worry, a little) about their general health. I guess my instincts were telling me that I could do better for them. Now that I think of it, I haven't had one of those little haunting moments. I made a decision. I made a commitment to them to try my best to always feed only home-made food.

Was I *Really* Willing to Pay The Price

Ask yourself these questions, as I have:

How is it possible that a big bag of dry stuff to feed the dog is so cheap? How much could those ingredients cost the commercial manufacturer- that it could be sold so inexpensively? Better quality food *does* cost more, but the cost factor will vary depending upon the quality and quantity, and also the availability of the fresh ingredients. Buying in bulk helps keep the price down.

What may be the greater savings, ultimately, might be a long and healthy life of our companion animal.

The routine soon develops naturally, as each person becomes more and more familiar with the method I've been using. It took me almost a year of practice to fine-tune my original "Big Batch" technique. The satisfaction of feeding our beloved companions food they deserve is felt immediately - by the pets and their person!

Just as some moms make their own baby food - preparing home-made pet food is the same idea with minor modifications.

Let's not forget that animals are individuals, like people. Adjustments can and really should be made for their age, individual dietary requirements and metabolism, such as quantity of food, and specific nutritional supplementation. It's always a good idea to consult with a knowledgeable vet.

I am still learning. In the beginning it was with the help of Dr. Kearns, who has since passed on, and now, I learn more and more by reading books like Dr. Schoen's, and the others that are listed in my Resource Directory. There's some interesting newsletters for subscription, and "networking" with friends is great.

My inspiration for learning, for motivating me to go beyond the status quo, and make the home-made food comes directly from my wonderful teachers: Maggie Mae, Paco, Danny Boy, and my sweet cats, who love me unconditionally.

The Differences that I Noticed About My Dogs & Cats On Home-Made Food

First of all, the dogs made the transition to my food much more quickly than the cats. This could be because the dogs were already eating half home-made/half commercial since I first adopted them as pups.

With the cats, I had to start *very slowly*, adding more home-made food to the commercial stuff, gradually, until their transition to totally home-made food was complete (the cats were like addicts-- "in withdrawal" from that commercial dry stuff). In the beginning, I added some cottage, ricotta, or grated cheese and some olive oil or a sardine to entice the cats, and that worked very well.

Once the transition to only home-made food was complete, my companion animals became more playful and healthier, with thick, lustrous coats (people ask what brand of shampoo I use!), and sparkling, bright eyes, clean ears (no more black "gunk"!), clean teeth (the raw marrow bones for the dogs and the raw chicken necks for the cats), no flea problems anymore, and both the dogs and cats trimmed down in weight with a more well-defined body structure. Here are some more of the pleasant surprises I found happening to my animals when they ate *only* my home-made food:

~ The dogs ~

- no more "hot spots"
- they have "puppy breath" again
- hardly ever any digestive upsets
- stopped eating "gross things"
- dancing in the kitchen at mealtimes!
- the shedding was about 80% less than prior years
- pads of paws lost the "rusty" color and odor was gone

~ The cats ~

- no more abscesses from those "territorial disputes" with the neighbor's cats
- long-standing cough which conventional medicine couldn't cure, disappeared
- no hairballs or digestive upsets (litter box odor is much less offensive)
- eagerly anticipate dinner times!

By The Way.....

Some folks say to feed everything raw, some say cook everything. I feed some raw, and some cooked (for example, rabbit and pork must be cooked, as that meat can have parasites). With raw meat, it's very important to wash all utensils and surfaces with hot soapy water, and rinse well. I don't feed my dogs or cats egg shells or raw poultry bones. I do feed hard boiled eggs (makes a great treat), cottage cheese, ricotta cheese, plain yogurt kefir is similar and good too. The proportions recommended by the experts vary also. I have mostly followed Dr. Schoen's guidelines and have added some ingredients with good results in my animals. I rotate my "optional ingredients", and the quantities are not exact - just like making a stew! Bear in mind: Variety is the spice of Life!

I never allow any chocolate to be fed to my animals, as it is poisonous to dogs. According to the experts, even small amounts of a naturally occurring alkaloid in the cocoa bean can cause vomiting and restlessness in pets. Large amounts are fatal (baking type chocolate has more of the theobromine in it). I do use carob (a flour) in one of my treats recipes. Carob is not chocolate, but seems to have a somewhat similar flavor. Onions are also to be avoided. Cats should not get too much garlic or kelp. Antifreeze and some plants are also toxic (see For Your Information Section).

My dogs and cats are usually fed at the same time I eat. My animals are all adults now, so the dogs usually get a snack in the morning and the large, or main meal is fed in the evening. I really try to make dinner time as peaceful as possible. Each of the dogs has his or her own "dining area", to reduce the possible competition for food and keep things as peaceful as possible at dinner time, but they do get excited in anticipation of the great food!

The cats are fed "buffet style" on porcelain turkey platters. As the dogs get older and for the tall dogs, a thoughtful thing to do is to get those raised dinner and water stands which are available from many catalogs (see Resources Section). Their food is best served at room temperature, so I take out the containers about an hour prior, just to take the chill off. I *do not* use a microwave anymore, the double boiler is what I prefer to use if it is to be warmed it up a bit.

The quality of drinking water is also important. Fresh water is always available and several times a week the dogs get some fresh fruit in between meals (apples, and pears are their favorites) or some hard cheese.

When my friend Anita and my niece Janine visited, their *allergy to cats was almost non-existent* compared to prior visits which were before *only* home-made food was fed to my cats... very interesting, is it the pet "food"?

Some feeding dishes can contain lead (clay and/or glaze). I feed my dogs and cats meals on the same dishes from which I eat. Everything gets cleaned in the dishwasher after each meal. My preference for the water dishes is now porcelain. I understand that some plastic dishes may contain dyes to which some pets are allergic and which also outgas formaldehyde and other toxins. A local pottery expert told me to avoid ceramic dishes because of lead, so use only "high fire" (hot Kiln temperature) tableware, as they will be lead free. Aluminum (a heavy metal) is unacceptable to me. I also avoid pewter. I stopped using stainless steel due to the problem of electromagnetic frequencies being absorbed.

While making food, I try to think all good thoughts - (their food and mine). I convey my gratitude for the food with the prayer "Bless all the animals who eat this food" and I say "thank you" to the spirits of the animals whose meat is in the food. I have a sense that my "good energy" goes into the food just as much as all the other tangible ingredients.

Most, if not all folks are aware of the population problem with cats and dogs. All of my cats are neutered and spayed and so is my dog, Maggie. Let's remember that this is a very stressful time for the little ones and their immune systems are most likely coping with those vaccinations, too.

At the Mid-West Holistic Vet Conference, one of the presenters suggested allowing the female to go through one heat cycle before spaying. I had read about that many years ago and wanted to allow Maggie that hormonal maturing prior to being spayed. This was over 10 years ago, when Maggie was only a few months old and my vet at that time told me that Maggie should be *spayed right away or she'll get mammary cancer!* I found another vet with a more positive attitude. Maggie went through one heat cycle. The cost of the spay was a bit more, but I feel that I made the right decision.

Most of the time I trust my own instincts (getting better at this as I progress). I know my animals best, and am aware when something isn't "right" with them. I have their annual wellness check-ups and bloodwork done, but the best way for me to judge their state of health is to observe and feel them. I see them play in the back yard and hear them greet me with the "roo-roo" and run around like the "dippity doos" they are. By regularly grooming them, I can notice any lumps from a bug bite, or ticks, etc. When my pets need medical treatment, I do consult the vet. I prefer a Holistic or Complementary one who will utilize *all* the treatment modalities available for healing.

How Much Food To Feed?

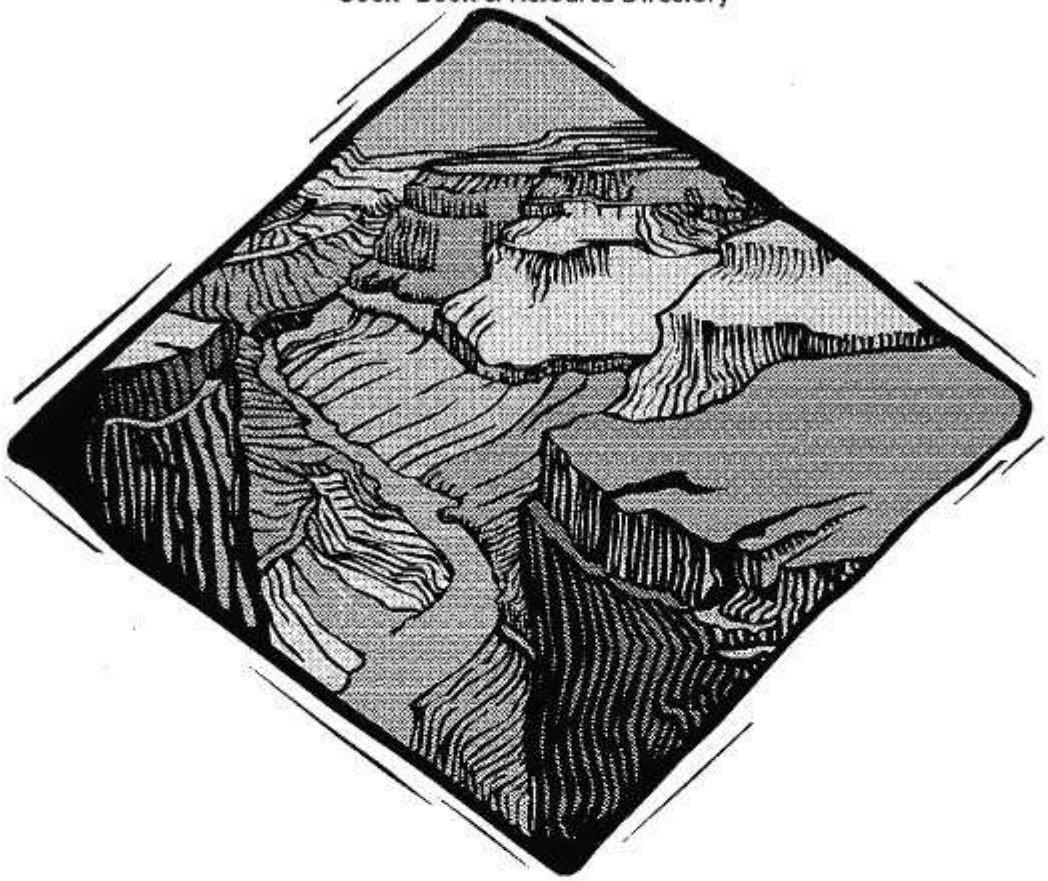
When I first started to feed *only* home-made pet food, both of my dogs and most of my cats were very overweight, but gradually they lost the excess fat and started looking trim. The amount of food needed for an animal should be determined on an individual basis, just as a parent knows the quantity of food to feed her child.

Incidentally, I learned that because my dogs' breed originates in eastern Europe, oatmeal (an acidic grain) would be good for them. This is referred to as breed "ethnicity".

I also add some more meat, or some eggs, or ricotta or cottage cheese and some cold-pressed olive oil to the mixture which is to be fed to the cats, the true carnivores, as they need roughly double the amount of meat (protein) and more fat than dogs.

Something to think about is the fact that our companion animals really don't have much freedom when it comes to food. As Dr. Pollak says, "...it is more important in regards to the Quality, not so much with the quantity... [if fed] Poor quality, better the lower quantity... in the short run".

My dogs are in the 70-85 pound range, and according to Dr. Schoen's guidelines in his book, Love Miracles and Animal Healing, they probably should each receive about 2-2 1/2 pounds of food each day. There are many factors listed in his book indicating when adjustments to the diet must be made. My cats seem to just eat the amount that they need with one evening meal. Their appetites are good and all have maintained what appears to be their proper weight. If they are bright-eyed and energetic with shining coats, then I see them as healthy animals. The best thing to do is to consult your holistic vet if you have specific questions.



Please, Look Before You Leap !

Before getting started, please read some *important information* about Changing Over to the New Natural Diet.

The Transition to home-made food

Changing the dogs' and cats' diet from all commercial "stuff" should be done gradually. I just increased the amounts of home-made food, while decreasing the amounts of the commercial stuff, until it was *all* home-made food that I fed. The cats took a much longer time for this transition period than the dogs did. Again, the cats were more accepting of the home-made food when I added some grated, cottage, or ricotta cheese, or a sardine, and little extra olive oil in their food.

Many people have told me that their animal companions had diarrhea when they changed to the new, natural diet. Some said that the poor dog had an "accident" in the house which was upsetting to both the human and I'm sure to the dog, too! My dogs and cats did not experience this perhaps because they were always fed half home-made food. However, I have also read about this common reaction which is the body's way of cleaning out the toxins and I think it's similar to a black eye: it looks worse, but it's actually getting better.

Some of the best information on this topic to pass along to you is from the web site of William Pollak, DVM of the Fairfield Animal Hospital, in Fairfield, IA: http://billpollak.simplenet.com He is listed in the Resource Directory.

With Dr. Pollak's kind permission, I am highlighting one of his excellent articles regarding "Healing Episodes" (also sometimes referred to as Healing Crisis):

"Upon switching to a more nutritious diet, physical and behavioral improvements can be dramatic or gradual depending on the state of the animal's health. ***Severe nutritional deficiencies and toxic states have been known to mimic almost every known disease in veterinary medicine.*** *In chronic conditions, some developing over several generations, improvement in health can take months or years. A pet's ability to respond to high protein diets may require the individual animal 'transitioning' through periods of purification or detoxification. Malnutrition and the toxic condition of the animal fed commercial diets can result in the inability to digest and assimilate basic food components of the fresher, more wholesome type we are describing here. The body will sometimes expel these accumulated poisons during periods of diarrhea, hair loss, or scaling of skin. These periods are known as* ***Healing Episodes.*** *Though these situations are not necessary, they are not uncommon. The body will cleanse itself of these toxic agents before it can assimilate more healthful nutrients to regain a higher state of balanced health.*

During these ***Healing Episodes,*** *the animal's immune system continues to react to remaining toxins and poisons until a more gentle, balanced diet can complete the transition to a more resilient internal state. These periods, during which time the animal can have diarrhea, loss of some of its coat, and appear transiently sick, are really signs of a more vital life force finally shedding disease more completely. The situation is an important sign indicating a transitioning to a state of greater Wellness. The frequency, intensity and duration a Healing Episode is totally dependent on an individual animal's health, nutritional state, age and breed. Each animal will react differently during the transitioning to a more nutritious healthier diet. Not always will there be signs of purification. We can rest assured that as long as the animal is clear eyed, bright and full of energy of life, these periods (should there be any) will quickly pass and the need for medical intervention is almost never. As concerned pet owners seek out these more wholesome natural food sources, we can anticipate occasional brief detoxification episodes. Finding professional or lay support that understand the process of* ***Healing Episodes*** *will help make the transition for the owner easier and less filled with fear and doubt."*

Please Remember:

The first time for practically everything seems to take longer than each subsequent time. It's probably because we're learning something new. But most of us have been cooking our own food –just that new recipes are tried when we have a block of time and can be creative.

Being creative is one of the nicest reasons for me to make home-made animal food. I really enjoy trying out a variety of combinations. The two-step technique that I finally came to has worked very well for me. It's really not so difficult to make our animals their food, it's just *different*!

Plus you don't have to make the food exactly the way I do. Many people are doing "variations along the theme". One gal is making half the "Average Batch" and finds it easier to stir it up, plus a little extra broth or water will make the mixing less straining. Another gal doesn't mix the ingredients together. She makes up the "big batch" of cooked grains and then puts the food in the dish separately, i.e. at mealtime, into the feeding dish goes: the raw meat, a cup or so of the cooked grains, about a half a cup of veggies, and the supplements. Some folks are feeding mostly protein (raw meat) and eliminating all grains, some are feeding very few grains.

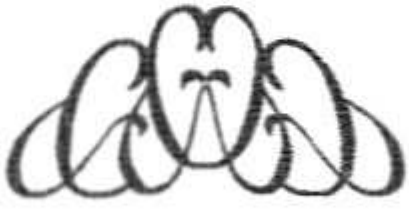
Each animal is a unique being with his or her own dietary requirements. I read that if an animal is deficient in Vitamin E, it could have steatitis, and one of the symptoms is that the animal is extremely sensitive to being touched.

There are things to look for that may tell you if your dog needs more protein, for example, in Wendy Volhard's book, The Holistic Guide for a Healthy Dog, pages 5-7, she discusses the importance of the essential amino acids and lists the diseases which may result in a protein deficiency, such as: chronic problems with skin and ears, epilepsy, cancer, behavior problems, lack of pigmentation, excessive shedding and gastrointestinal upsets.

She states that a protein or amino acid deficiency is indicated when the dog is constantly biting or licking feet, crooked or brittle nails, pimples, skin discolorations and crooked whiskers. I have found this to be true, and when I increased the amount of meat (protein) in their diet, the whiskers were straight.

Also, she advises that animal proteins such as meat are complete and supply all of the essential amino acids (EAA's), unlike the unbalanced, incomplete vegetable proteins. The Amino Acids are altered by heat which affects the protein's (meat) bio-availability, so that's another reason to consider feeding raw meat.

Many people are having a Metabolic Nutritional Analysis (MNA) done based on the results of blood tests to see if any specific supplements are needed. One of the vets who specializes in this is Dr. Marty Goldstein who is listed in the Resource Directory section.



Please Seriously Consider:

1) Buying Organic And In Bulk Whenever Possible:

Nutrition is the Foundation of Health, and that foundation must be made of everything needed to provide for a healthy body. In nature this foundation is there when the young are nursed, especially with colostrum.

The immune system is *absolutely critical* in maintaining health. Many factors can adversely affect the immune system, such as stress (emotional, physical, & environmental), drugs and/or chemicals, and - poor nutrition, of course.

I believe that organic foods are better because they are grown free of pesticides, hormones, and other chemicals or heavy. It's said that they have more nutrition, double the amounts of nutrients, compared with the non-organic type. Buying organic also promotes "sustainable farming" which is good for all of us sharing this Earth. I've found organic foods to have much more flavor, cook quicker, and many don't need to be peeled.

2) Using All-Natural Vitamin/Mineral Supplements, Raw, & Organic Items:

Many experts believe that the *natural form* makes all the difference in how the body is able to utilize the vitamin. **The natural form of Vitamin E is d-alpha**. The synthetic form is designated with dl-. For mixing into the "Big Batch" of food I buy the liquid form of natural Vitamin E *with the mixed tocopherols*. For my husband and myself I buy the gel caps. Vitamin C *Complex* has the bioflavanoids, calcium ascorbate and Ester C™ , has also been recommended, as being easier on the stomach. Also, the Vitamin C and E are natural preservatives for the "Big Batch". It's recommended to keep them refrigerated.

Minerals are essential and It's *very important* that the ratios have proper balancing. Beef is high in phosphorus, so I add a good bone formula to balance it. Food-grade bonemeal is the only supplemental form of calcium that is considered by some to be complete and safe, and it should be mixed with the raw meat. Usually one tablespoon of bonemeal, per pound of meat, is sufficient for the average dog or cat. Do *not* use the garden-type bonemeal. Some calcium sources may contain too much lead. I have been using the granulated type of bonemeal and others are using the powdered form - all human grade. I also give my animals extra magnesium and potassium.

Essential Fatty Acids have made a world of difference in the health of my dogs and cats (and my horses, when they lived with me)! I use the Merritt Naturals™ Animal Essentials. The marine lipids, trace minerals and spirulina really supply a great deal of nutrients (keep refrigerated, and do not add to warm ingredients). The liquid is used for the "Big Batch" and the gel caps are also available. Aloe vera juice or gel (keep refrigerated) is said to be very healing, inside and out. I buy *only* naturally preserved brands as this is crucial for cats' health.

The freshly-ground, raw garlic and pumpkin seeds seem to keep away the parasites, and have lots of great nutrition, too.

3) Being *Very* Particular About The Meat:

I buy most of my meat at the Amish Market. From my experience, (long stories), some of the meat at the supermarkets is unacceptable, even from the "gourmet section". I usually grind my own hamburger with the meat grinder. The only ground beef I would *buy* is Coleman's beef or what's in the frozen-section at the health foods stores. I do buy some ground turkey at the Amish Market. Again, I think organic is the best, but it's also the most expensive. Even still, I think fresh meat is infinitely better than some processed stuff.

I prefer venison (the best), turkey, chicken, (boneless breast & thighs), beef, and lamb, which I feed raw. Aside from the frozen bacon (nitrate & nitrite free) I don't care that much for pork, but if it is fed, it *must* be cooked. I also roast the rabbit and duckling, using the pan juices for the blender mixing. Raw organ meat such as organic liver, gizzard, and heart are also fed about once or twice a week. Dr. Hamilton says that the organ meat should be 15-20% of the total volume of meat fed, and of all the organ meat fed, the liver should be from an organically raised animal. This point, and the *constant variety* of types of meat cannot be emphasized enough! I buy in bulk to get a lower price. The Amish fellow (see Resource Directory section) sells certified organic poultry, partridge, pheasant, squab and quail. Also, a friend and I split the cost of a side of beef from a local farmer.

If there is ever any question in my mind about bacteria levels, I soak it in a solution of one Tablespoon 3% Food Grade Hydrogen Peroxide to six ounces of water, in the refrigerator for an hour. Grapefruit seed extract is also useful for this purpose. Both are available from the Health Foods Stores.

I prepare the meat as the very *last* ingredient added to the mixture (keeping it cold for as long as possible). Once the entire mixture of the "Big Batch" is fully combined, it's packed in the containers and *immediately* placed in the refrigerator or freezer.

My dogs and cats can eat larger chunks of the meat on a regular basis. This was arrived at slowly, over a period of months.

4) Regarding Bones:

It's a good idea to supervise "bone eating time". When I feed the raw marrow bones, it's at a time when I know I can be around for about a half an hour or so, just to be on the safe side. The cats love the chicken necks and it seems to keep their teeth clean too. I read that the bones with some meat left on them helps to exercise their facial, head, and neck muscles, keeping the proper shape of their face and head. Note: after the dogs are finished with the bones, throw the bones in the garbage. Leaving the bones around is definitely not a good thing to do, it can attract all kinds of unwanted critters to your yard.

I never let them have those rawhide things or pig's feet/ears anymore. I once smelled bleach from one and prefer that my dogs get some good nutrients while they satisfy their need to chew.

5) Keeping With Variety - Something's Fishy Here:
Be careful of the source, as some fish may have come from polluted water. Red salmon is more expensive than pink salmon, catfish, haddock, carp - *all without the bones* are all big hits, especially with the cats. I usually broil the fish. They just love the fish dinners, and in a pinch I've put canned mackerel, sardines (high in calcium), or tuna in the mixture. They also like squid and shrimp cocktail - what a life! But, remember that old saying about company and fish "It stinks after three days"? Well, *some* company might, but I find *all* the fish does!

6) An 'Egg-cellent' Dinner:
Eggs are another very good source of protein to feed on a rotating basis. They're inexpensive and the cost is just a bit more to buy organically grown, or free range brown eggs (I've noticed a lot less "gas" reactions, too!). Many people feed eggs totally raw only occasionally. I've hard-boiled a couple dozen at a time and my animals really like them, plus they are very bio-available and make great treats!

7) Which Vegetables?:
Very lightly steamed or raw veggies, and organic is best. Many are available in the frozen section. Carrots, green beans, peas, zucchini, summer squash are favorites (cauliflower went over like a lead balloon). Sweet potatoes may have the most nutrients, and yams are also good, both are fed *cooked*. These can be grated, or chunks can be put in the blender with some water or broth or grated in the food processor. My cats prefer them finely grated or "blended-up" in the blender. I lightly steam broccoli, kale, and spinach, as they are high in oxalic acid which interferes with iron absorption, and lightly cooking prevents that. The water left from steaming the vegetable is once again saved for use with the blender. I alternate the veggies which are high in vitamin A. But by far, their favorite is carrots, and the organic ones are sweeter. Onions are said to be not good for dogs, so I do not feed any. I do rotate the vegetables.

8) Providing An Additional Rotating Grain:
I cook (Step #1) the rice as I've specified , and then add the rolled oats (which are my basics), *with* the additional "other" grain. That "other" grain is one of the following that I would select: barley, spelt, rye, millet, kamut, bulgur, quinoa (high in minerals), kasha, or buckwheat (high in bioflavanoids). However, hard wheat (also called wheat berries) and whole grains such as rye did not turn out very well for me, as they don't absorb much water so the grain mix turned out very soupy (the cats did not like them at all). This "other" grain is added on a rotational basis, so that each batch I make has at least one different grain (for variety). It is advisable to keep grains refrigerated. I take them out about an hour before cooking, to reach room temperature. The flaked grains absorb more water when cooking, so depending upon which rotating "other" grain is to be added, each batch will have a slightly different thickness to it's consistency. Note: some knowledgeable people suggest that short-grain brown rice is better fed in the colder weather, and long-grain brown rice is best in the warmer weather.

9) Eliminating Brewers Yeast:

When I stopped adding the brewers yeast, the smelly, red or "rusty" skin and fur on the underside of the dogs' paws (the pads) cleared up within weeks, the natural-colored fur grew in and the skin returned to normal. Instead, I will frequently add a food-source liquid B-Complex vitamin in the batch, or I follow Pat McKay's formula of: 70% montmorillonite clay (also called Bentonite or Redmond clay) and 10% each of alfalfa, dandelion and kelp powders. I have also noticed that red stain return when I've fed some other supplements. Again, the stain goes away when those other supplements were stopped.

According to Dr. Deborah Mallu, "many people and animals are suffering from a deficiency of digestive enzymes (next topic) but also the normal **digestive flora** is out of balance. The normal flora help to control and prevent toxins and are needed for proper vitamin production in the colon." So each morning I have been giving my dogs (on empty stomachs) some chewable acidophilus with bifidus. The probiotic that I use for my dogs is by American Health makes natural banana or blueberry flavor. Again, these are available at the Health Foods Store and I keep it refrigerated.

10) Adding Digestive Enzymes at Each Meal:

Dr. Deborah Mallu says: "digestive enzymes are the number one essential supplement for all ages of dogs and cats". Enzymes fed at each meal allow for complete digestion without having to rely totally on the body's internal production of enzymes. It is important that the food be completely digested in the in the upper gastrointestinal (GI) tract. When the food is more completely digested in the upper GI tract, then there will be less toxin production and toxin absorption in the lower GI tract. The digestive enzymes will also digest the toxic buildup in the wall of the GI tract. It is imperative to start by giving a small amount and gradually increasing it to the calculated maintenance dosage. If too much is given too fast, the toxins will breakdown and be rapidly absorbed in the GI tract, causing vomiting and/or diarrhea. If this happens to your animal, stop feeding the digestive enzymes for a few days and then restart at a *lower amount*, very gradually increasing to the calculated maintenance dosage. I've found the Prozyme brand to be excellent. The dosage is ¼ teaspoon per cup of food mixed in at meal time. They have a money-back guarantee policy.

11) Herbs:

Many people are consulting herbalists and utilizing this form of traditional medicine. Many vets are also specializing in Traditional Chinese Medicine (TCM) and western Native American Herbal Medicine. I have used some for my animals with very good results.

12) Additional "Optional" Ingredients:

Parsley off-sets the strong odor of the garlic, and has a lot of nutrition (dried or fresh). I also add alfalfa and/or cress/dandelion leaves from my chemically untreated yard, in season. Raw Wheat Germ is great (keep refrigerated). The kelp (granulated or meal), is a source of iodine which may help support the thyroid.

OK, I admit it, when we get pizza to go, the dogs get their share...

Items needed to prepare the Home-Made Food:

☐ **Very large Stock Pots with a lid:** Get 2 of the same size, if at all possible. The size of the pots, (10,12,14,16,or 18 quart), depends on just how much food is to be made, and for how many animals are to be fed, and how much they need to eat. Heavy duty stainless steel is the only one I would get, and there's usually a good sale on them at the stores. I bought two so that I could evenly divide the cooked grain mixture into two pots, as it is very thick. Dividing it in half makes it much easier to mix in the additional ingredients. It also becomes easier to stir after the other liquid ingredients are added. One quickly learns that the use of only one pot will overflow with the adding of the blender mixes. Having the additional large pot allows for cooking up an additional big batch of oatmeal while the mixed grains big batch are simmering.

☐ **Very long-handled spoon:**
I found a great wooden spoon that's made for Chinese wok cooking. I've had my stainless steel spoons bend and break.

☐ **Long and /or Short handled rubber spatula:**
I got two "Spoonulas" (a rubber spoon/spatula combination), one large and one small. The large one is a great "paddle" for stirring and scooping out the mixture. A short handled one will work just as well for scraping out the last of the mixture from the bottom of the pot.

☐ **Sharp Chef's Knife**

☐ **Cutting Board**: Dr. Atkins says a wooden type is best. I seasoned mine with sesame oil.

☐ **Measuring spoons and cups**

☐ **Storage jars:** for herbs, seeds, etc.

☐ **Plastic containers**: I use clear plastic quart and pint sized containers with tight fitting lids so that I can see through it and tell which container has which dinner in it. Also, if it is to be frozen, leave at least an inch or so from the rim when filling as there is some expansion.

☐ **Paper towels**: these come in very handy if the phone rings when you're "up to your elbows" (or if your nose itches).

Useful Measurements/ Equivalents:

3 teaspoons ----------1 Tablespoon	10 2/3 Tablespoons---2/3 cup
2 Tablespoons --------1 fl. oz.	16 Tablespoons -------1 cup (8 fl. oz.)
4 Tablespoons --------1/4 cup	2 cups ----------1 pt.
5 1/3 Tablespoons ---1/3 cup	4 cups ----------1 quart (32 fl. oz.)
8 Tablespoons --------1/2 cup	4 quarts ----------1 gallon

Items Which Are Very Helpful:

☐ **Blender:**
This I use to whirl up the veggies, herbs, etc., with the addition of pure broth and water. Evenly divide the blended mix into the two pots and keep up the blending until all of the ingredients are used. I have, on occasion, used my blender to whirl the meat but the food processor is better suited for that purpose. Again, these are regularly on sale, in fact I just bought a new one of each and they failed the first time I used them. Fortunately, I bought a really good brand and had total replacement guarantee.

☐ **Food Processor:**
It works best if the meat is well chilled. It can be used instead of the blender, but will not hold as much liquid. This one item saves a great deal of time, and the clean-up is easier as the work bowl and blades are completely dishwasher safe.

☐ **Coffee Grinder:**
These are very inexpensive. I use it to grind-up the seeds in my "Optional Ingredients". I've noticed that the seeds are not digested unless ground-up. Hint: grind the sesame seeds last.

☐ **Meat Grinder:**
Can be used for the meat, but later, as the animals are accustomed to being fed the raw meat, small chunks can and should be fed. I bought the attachment to my stand mixer which comes in very handy. The consistency is just perfect when added to the grain mixture (plus, you can make your own hamburger).

☐ **A Large Serving Tray:**
This is very useful for carrying all the two quart containers to the downstairs refrigerator or freezer.

☐ **Household Scale:**
I picked up mine at a yard sale, but I've seen them in antique shops for a lower price.

☐ **Tote Carrier:**
This can be a plastic type or cardboard, similar to the "six-pack" carrier. It's great for holding the various ingredients and carrying it from the pantry to the counter.

☐ **Spare Refrigerator and/or Freezer:**
There's lots of ads in the classified section of the newspapers to get a good used one and it really comes in handy - all year long. I utilized mine long before I started making home-made animal food.

Grain / Water Ratios:

Some grains absorb much more liquid than others. For example, barley flakes absorb almost twice as much as quinoa. Because I always use a *combination of grains* in the pot of water, the exact consistency will vary a little. The average ratio I've figured for making the grain mixture is:

1 part grain to 3 ½ parts water

Getting Started:

It's very much like MAKING A STEW ONCE A WEEK or EVERY OTHER WEEK, or ONCE A MONTH, depending upon how many pets you are feeding, *and*... It's For The Animals! *(which is another story).*

Here is An Overview of My Method:

I believe It's **Essential** to rotate the selection of the *3 main ingredients*:
The Meat, the Vegetables, and one of the Grains

With Each Separate Batch: I Rotate the Meat, Grains, & Veggies

In other words, when I make a batch of the food, there's 2 separate steps involved, and then each batch of food mix has a different meat and vegetable.

Step #1 is the Grain Mixture, which I cook the night before and let cool.
(The details of this are on page 32)

Step #2 is combining the Vegetables and Other Ingredients into that Grain Mixture. (The details of this are on page 33)

For Step #1, The organic grains I use are:
rolled oats
short-grain brown rice,
other grain - and *this grain is different for each batch*.

For example, for one batch, I might be adding chicken thighs and carrots to the grain mixture. The next batch I would be adding a different meat and vegetable, say, turkey breast and green beans.

Therefore; each batch has a different meat, a different vegetable and one rotating grain in it (variety!).

For Step #2, (after the cooked grains are cooled - normally the following day)

I use the blender for the veggies, garlic seeds, herbs, etc. and the meat grinder or food processor for the meat in order to prepare the ingredients, adding broth or diluted pan drippings instead of water, whenever possible. The blender mixing creates quite a bit of liquid which is needed to stir everything sufficiently. There's more about this later, but this should give the basic idea.

Please Note: This method of making the food allows for gradually increasing the amount of the freshly chopped garlic which is well-blended into the "big batch" - especially when it comes to the cats!

I Make The Batch of Food Mixture in Two Steps

Step #1: The Grain Mixture:

First, I cook-up the grains as described in the following paragraph.

The next day, I begin Step #2 - blending all the rest of the ingredients which will be combined with the grain mixture - *after* it has cooled.

My cooking method for the Grain mixture is:
I fill a big stainless steel stock pot just to a few inches from the top rim with good, cold, water (let the faucet run for two minutes after it turns really cold). Put the lid on the pot. After it comes to a full, rolling boil, I *immediately* turn the burner setting to medium low and add the rice. After about an hour, I add the other grains.

For an Average Batch of Food Mixture:
(a total of 2 1/2 qts. of grain, with 10 qt. pot, the yield is about 20-24 pounds)
The breakdown of the raw, organic grains which are to be added to the pot of hot water for the **Average Batch** are:

1/2	quart	short-grain brown rice
1 1/2	quarts	rolled oats
1/2	quart	"other" grain (rotating with each batch) such as: barley flakes, buckwheat groats, millet, quinoa, spelt flakes, kamut flakes, or kasha. (page 27, item #8)

I use a plastic container (recycled and left in the bag) to scoop the grains out of the bag and just pour them into the pot. The rice gets cooked by itself for about an hour on medium low until the kernels are fully open. I then add the other grains and cook on low heat for an additional hour. The cooking is done with the lid on, however, if at first it's sort of "foaming up", leave the lid ajar for a while, then cover it a little later when the foam dissipates. I stir it a couple of times while it simmers, rinse the spoon and scrape off the stickiness. And lastly, I then place the pot (which is very hot) in a cool spot (the cement floor in my basement - in the warmer weather, or the deck - in the cooler weather). I don't put it into my spare refrigerator until it is totally cool to the touch otherwise it will raise the temperature inside the refrigerator, which could spoil the food in it.

This is the end of Step #1.
I always begin Step #2 when the cooked grain mixture is *cooled*.

I make a Giant Batch (5 qts. of grain, 18 qt. pot, yield about 40 or so pounds)
- *1 quart organic short-grain brown*
- *3 quarts organic rolled oats*
- *1 quart organic "other" grain (rotating with each batch)*

It takes *my Giant Batch* about 40 minutes to come to a boil and roughly two hours to simmer. I usually cook the grain mixture in the early evening, and then place it to cool overnight, then the next morning I put it into the refrigerator until I go on to Step #2, making the batch of food. *Note: the **Average Batch** will take less time to come to a boil, to cook and cool.*

Step #2 Combining the Grain Mixture with the Other Ingredients:

This Is *Actually Making* The Batch Of Food:

1) Divide the cooked, cooled grain mixture evenly into two pots in the kitchen sink. It will be very thick, but when the additional liquid is added (the other ingredients from the blender) it will soon be a smooth consistency. I try to break-up the grain mixture into the smallest pieces possible before adding the other blended mixes otherwise there will be giant lumps in the batch of food.

2) In the blender I put some broth and raw garlic and blend well (liquefy), then pour equal amounts into each pot. Organic, crushed garlic in a jar can be used also - available at Natural Foods Stores.

3) Next, blend some chunks of veggies with some broth. I use the "chop" setting for a bit. They should be finely chopped or shredded, not necessarily pureed. Then, I pour equal amounts into each of the pots containing the cooked grains.

4) Stir the mixture well to combine (it gets easier as more is added).

This procedure of **2), 3), and 4)** is repeated until all the veggies are finely chopped (if too much liquid is used, the whole batch will be soupy, and undesirable).

Make sure to leave a few inches from the top rim of the blender for expansion or it will surely overflow. And keep the fingers and utensils out of it while it is operating! If the lid is not on tightly, the counter and cabinets get "a whole *new* look".

Another Option for the Veggies is to grate them in the food processor, which works very nicely and much less liquid is used.

5) I've found that the seeds need to be very finely chopped, so I use my coffee mill for them. The other ingredients are equally divided into the two pots and thoroughly stirred to be well distributed.

6) The Meat is the last ingredient I add to the mixture, in order to keep it cold. Until the pet is used to the raw meat, it can be diced or whirled ahead of time and kept well chilled. In the beginning, the fastest, and easiest method is: chill the meat well, and then use the meat grinder or whirl it up in the food processor or blender to a chopped consistency (it will look like peach pudding if whirled more than a minute or so, but that's OK too). Really, the best method is to slice up the meat in small cubes, but it does take a littler longer. As the dogs and cats get accustomed to the food, the pieces may be a bit larger. I make a little extra portion of the meat and add it, with some oil, to the portion fed to the cats (they need about double the protein and more oil than dogs). My cats seem to enjoy some chunks and some "whirled" meat. The meals with at least some of the "whirled" meat, well-blended, seems to enhance the overall flavor.

7) Add equal amount of the meat to the two pots, stir it up really well (no more "flabby arms" after a while). Add extra water or broth for easier mixing.

8) Scoop into the containers for refrigeration or freezing. ***Ta Da!***

Refrigerated shelf-life is approximately 5-7 days (3 days for the fish dinners).

INGREDIENTS LIST

All of the items listed here are human-grade.

	Average Batch (2) 10 qt. pots (yield: 20-24#)	Giant Batch (2) 18 qt. pots (yield: 40-42#)
The *Main Ingredients* are: *Meat, Grains, Veggies*		
Meat / Fish / Eggs (pg 26 #3, & pg. 27 #5 & 6) Dogs: 30-40% Cats: 60-70%	(Dogs) approx. 6 lbs.	approx. 10 ½ lbs For cats only, adjust accordingly *
Grains: (pg 27 #8) Dogs: 40-50% Cats: 10-20%	2 1/2 quarts (dry)	5 quarts (dry)
Veggies: (pg.27 #7) Dogs: 20% Cats: 20%	2 pounds	3 1/2 pounds
The Other Ingredients: (pg. 25 #2 , & pg. 28)		
Animal Essentials liquid	1/3 cup	2/3 cup
Raw, Organic Apple Cider Vinegar	2 ½ Tablespoons	5 Tablespoons (1/3 c.)
Kelp (granules or meal)	1/2 cup	1 cup
Raw Garlic	2-3 cloves	5-6 cloves
I add Multivitamin/mineral, Antioxidant & Herbs plus the following: pg. 25 #2		
Natural Vitamin E mixed tocopherols	follow label dosage, adjust for weight **	
Natural Vitamin C Complex	follow label dosage, adjust for weight**	
** also figure for mg. per day, depending on how many days your batch will feed (pg.21)		
Lecithin Granules	½ cup	1 cup
Bone Meal (low lead)	2 ½ Tablespoons	5 Tablespoons (1/3 c.)
Magnesium (follow label, adjust for weight) or good Bone Formula Supplement (follow label, adjust for weight)		
My optional ingredients that I like to use on a rotational basis: (pg. 28)		
Parsley (dried or fresh - chopped)	small handful (1/2 c.)	big handful (1 c.)
Alfalfa (dried or fresh - chopped)	" "	" "
Cress or Dandelion Leaves (finely chopped)	" "	" "
Raw Wheat Germ (keep refrigerated)	" "	" "
Sunflower Seeds (raw, hulled & ground)	" "	" "
Pumpkin Seeds (raw, hulled & ground)	" "	" "
Sesame Seeds (raw, *un*hulled & ground)	" "	" "
Aloe Vera Juice (nat. presvd.)	about 1 cup	about 2 cups
Pure Broth, (chicken or beef) / Water	about 1 quart	about 2 quarts

**** For the cats, I do add an extra protein (meat/fish/eggs) and oil.***

Now, About those Treats:

Oatmeal and Carob Cookies: (yield about 2 dozen or so)

The Oatmeal (made using more water than usual) must be made in advance, as all the ingredients should be at room temperature. That extra oatmeal I have on hand comes in very handy when I make these cookies. Organic Ingredients are what I try to use. I got a non-aerosol, pump-spray bottle of oil at the Natural Foods Store which works well for greasing the cookie sheets. I keep all oil refrigerated.

I prefer to make the dough the night before, as the dough does need to get very cool - the slicing is easier (dipping the knife in a hot container of water frequently, which also helps). I usually double this recipe to try and keep some on hand in the refrigerator.

Ingredients:

2 1/2cups	Oatmeal (cooked and cooled to room temperature)
1/2 cup	Carob Flour
3 1/2cups	Flour (whole wheat, or other, can use combination)
1/2 cup	Raw Wheat Germ
1/4 cup (1/2 a stick)	Butter (softened)
1/4 cup	Molasses (unsulphured)
1	Egg (whisked)
1/2 cup	Powdered Milk (Goat's milk is great)
1/2 cup	Water
1 cup (total)	Carob chips (1/2 cup in the dough, 1/2 cup for topping)

Method:

1) Make the oatmeal, have it cooled to room temperature
2) Soften the butter
3) Wire whisk the egg
4) In a bowl add the flours, wheat germ, and powdered milk, combine well.
5) In a large bowl, add oatmeal, butter, molasses, egg, water, & *only* 1/2 cup carob chips, combine well.
6) Add the flour mixture to the liquid mixture, combine well. The dough will be thick, using a long handled, sturdy spoon helps (I use my dough hook on the stand mixer, as it is just too much for my hand mixer). The ingredients need to be well combined in the dough (adjustments can be made by adding a little water or flour), but it should be very hard to stir at this point.
7) Form the dough into a ball and store in a plastic bag or covered container in the refrigerator for at least and hour.

When Ready to Bake The Cookies:

8) Preheat the oven to 300 degrees.
9) Grease the cookie sheets.
10) Form the dough into long "Italian sausage shapes". I make them about 2-3" in diameter (the larger around, the bigger the cookie). Sometimes I roll the "sausages" on rolled oats before slicing.
11) Slice the "dough sausages" on a cutting board, about a 1/2- 1" inch thick (if too thick they will take much longer to bake, and there will be a lower yield).
12) Arrange on the cookie sheet, press a couple of carob chips on top of the cookies.
13) Bake for about an hour. If they are over-cooked (some people shut off the oven and leave them there to really dry out) they will be hard, but they're still good.
14) Cool on wire rack then store in plastic bag or covered in the refrigerator.

Cheese and Garlic "Bones":

(yield about 2 dozen, or so, less if large "bone cutters" are used)

These are the "all time favorites" for my pets. I make a larger sized cut-out for the dogs, the cats like them about "dime" sized. The cheeses can be a combination of several types, the more "smelly" the better. It's best to grate it by hand, to get the right consistency. I also make the dough earlier, and bake the cookies later. I double or triple this recipe, because they never seem to last very long (I have to hide them from my husband!) The aroma fills the house and all the animals can't wait to have some. Refrigeration is a must. Again, organic ingredients, if possible.

Ingredients:

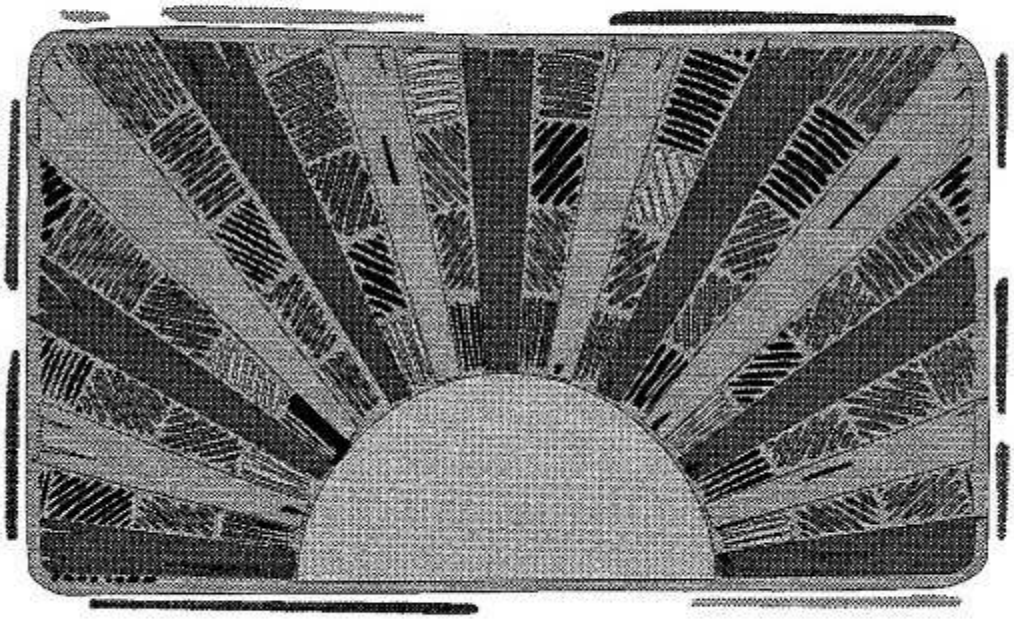
1 1/2 cups	Flour (Whole wheat or other)
1 1/2 cups	Grated Cheese(s) (Parmesan, White Cheddar, or other)
1 stick (1/4 lb.)	Butter (softened)
2 cloves	Garlic (minced)
1	Egg (whisked)
1/2 cup	Parsley (dried flakes or fresh-chopped)
1/4 cup	Molasses (unsulphured)
2-3 Tbs.	Milk

Method:

1) Soften the butter
2) Grate the cheese (by hand), then let it come to room temperature
3) Whisk the egg
4) Mince the garlic
5) In a large bowl, mix the grated cheese(s) and the butter until "creamy"
6) Add the egg, molasses and combine well
7) Add the flour, garlic, and parsley, mix well, and splash on some milk to moisten and form a ball. Place in a plastic bag or covered container in the refrigerator for at least an hour.

When Ready To Bake

8) Break the dough into manageable sizes, a little larger than what for pie crusts
9) Roll the dough between two large pieces of plastic wrap to help eliminate the dough sticking (Eleanor's secret).
10) Roll out the dough to about a 1/4" thick or so.
11) Preheat the oven to 375 degrees
12) Use a cookie cutter ("Bone" shape is great, the cats prefer the little "star" which is part of a canapés cut-out set). Press out the forms and place on the ungreased cookie sheets.
13) Bake at 375 degrees for about 15 minutes. Don't over-cook.
14) Cool on a wire rack and store in covered container in the refrigerator.
15) Hide in the refrigerator - they're a *very* tasty treat!



For Your Information

- ❑ Information on Vaccinations
- ❑ Blood Testing, Titer instructions, Thyroid Update
- ❑ Lyme Disease & Homeopathy
- ❑ The Future of Vaccinations
- ❑ Heartworm Medication - be informed!
- ❑ World-Wide Information Control
- ❑ Safer Antifreeze
- ❑ Why use Plant-Based Litter?
- ❑ Poisonous Plants, Poison Control Telephone Number
- ❑ Fleas - Fleeing
- ❑ Tips for Nausea
- ❑ Giving Pills
- ❑ Dealing with Skunks
- ❑ Bath Time ("Baffie" my way)
- ❑ "Peticure" a better way to trim the nails
- ❑ Ear Cleaning
- ❑ Flower Essences
- ❑ Walking the Three Dogs and Enjoying it
- ❑ Paw Reflexology Chart

Vaccinations

The topic of vaccines is of *great concern* to many of us animal lovers, and with good reason, I think. There are some very good publications available and I urge everyone to scan the Publications in the Resource Directory, especially the list of books, newsletters, the AHVMA Journal, and consultants are also great sources of information.

Like many animal lovers, I thought I was being "responsible" and followed the conventional advice, like the other "sheeple", getting my animals the "combo wombo" annual shots. I deeply regret subjecting my dogs, cats, and horses to that onslaught of antigens all those years. I am *very concerned about the contaminants and other toxic "proprietary ingredients" in the vaccines.* According to Dr. Horowitz in Emerging Viruses, the manufacturers have been made aware of the contaminants in their vaccines a long time ago yet haven't removed them!

Many people are very concerned about vaccinating their animals and the adverse reactions are often referred to as vaccinosis and miasms which is said to be difficult or impossible to cure. Most wonder why "annual boosters" are given to our animals when vaccinations for humans last for our lifetime. Also asked is why isn't the dose adjusted for the size of the animal? The many serious adverse reactions may be grossly under-reported to the vet (*insist on telling the vet*), to the manufacturer, and to the USDA Biologics Hotline (report the reaction, manufacturer and lot number) at 800/ 752-6255. The experts are now addressing these concerns and the First International Veterinary Vaccines and Diagnostic Conference was held in July 1997 to address this important health issue. An excellent article is by Don Hamilton, DVM who specializes in Homeopathy. It is reprinted here with his kind permission.

Vaccinations in Veterinary Medicine: Dogs and Cats

> A practice that was started many years ago and that *lacks scientific validity or verification* is annual revaccinations. Almost without exception there is no immunologic requirement for annual revaccinations. Immunity to viruses persists for years or for the life of the animal. Successful vaccination to most bacterial pathogens produces an immunologic memory that remains for years, allowing an animal to develop a protective anamnestic (secondary) response when exposed to virulent organisms. Only the immune response to toxins requires boosters (e.g. tetanus toxin booster, in humans, is recommended once every 7-10 years). And no toxin vaccines are currently used for dogs and cats. Furthermore, revaccination with most viral vaccines fails to stimulate an anamnestic (secondary) response as a result of interference by existing antibody (similar to maternal antibody interference). The practice of annual vaccination in our opinion should be considered of questionable efficacy unless it is used as a mechanism to provide an annual physical examination or is required by law (i.e., certain states require annual revaccination for rabies). [1] (Italics added)

Summary: Yearly "boosters" are unnecessary, provide no benefit if given (will not increase immunity). Thus boosters are either a legal issue (Rabies) or a manipulation issue (inducing clients to come in for examination rather than directly suggesting an examination).

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[1] T.R. Phillips, T.R., DVM and Ron Schultz, PhD, *Canine and Feline Vaccinations* in Current Veterinary Therapy, Volume XI Robert Kirk, DVM and John Bonagura, DVM, eds., 1992

The issue of initial vaccination is less clear than that of boosters. Many clinicians feel that without vaccination they would see outbreaks of disease, particularly canine parvovirus disease. This can be a difficult issue to resolve. A fundamental dilemma is that vaccination in effect leads to weakening of the gene pool, and thus the overall health of a given population. One way this occurs is by allowing individuals to live that would otherwise succumb to disease, such disease being a natural means to "cleanse" and thus strengthen that population. This naturally presents an ethical quandary these days (our understanding of native or aboriginal thinking suggests that letting weak individuals die was implicitly understood to be not only acceptable but proper). Western society values the individual's right to be, therefore we make efforts to save all individuals. Any answer to this question naturally lies with the individual(s) involved. The second, and more compelling theory of the mechanism of interaction between a vaccine and the body suggests that vaccines "protect" against the acute disease not by preventing the disease but by *changing the form of the disease to a chronic disease.*[2] For example, the panleukopenia virus of cats induces an intense, rapidly progressive malfunction in the digestive tract, leading to vomiting and/or diarrhea. In adult vaccinated animals this translates into a chronic state of diarrhea and sometimes vomiting. This disease is known as inflammatory bowel disease (IBD), an autoimmune disease of the intestines. IBD has been occurring at near epidemic levels over the past several years; no other reasonable explanation has been proposed for the proliferation of cases of the disease. Vaccinations are known to be a major trigger of other autoimmune processes in susceptible individuals,[3] so it is reasonable to suspect vaccines as a trigger for IBD. Another aspect of panleukopenia virus infection, implied by the name of the virus, is vastly lowered numbers of white blood cells and corresponding immune deficiency. Could the appearance of Feline Leukemia virus disease and later Feline Immunodeficiency virus disease be related to vaccination for panleukopenia during the previous two decades? The logicality of this theory does not allow easy dismissal of a relationship, most likely cause and effect. Both of the latter diseases produce low white blood cell counts and immunodeficiency as part of their symptom complexes. Similar connections have been proposed between Canine Distemper virus disease and both kennel cough and Canine Parvovirus diseases as "distemper" includes a pneumonia component as well as severe diarrhea. Chronic coughing is characteristic of kennel cough; parvovirus disease affects the intestines, producing severe diarrhea and vomiting. Additionally, the incidence of inflammatory bowel disease in dogs appears to be on the increase in the past year or two. Vaccination of dogs for Canine Parvovirus has been in effect for fifteen years, contrasted with the much longer history of parvovirus vaccination in cats (Feline Panleukopenia virus is a member of the parvovirus family). This portends a frightening future for dogs if the connection is indeed correct. Finally, connections are proposed between vaccination for Rabies and increasing numbers of fearful, aggressive animals. Behavioral problems of the extent seen today are a recent occurrence, being rare only two to three decades ago.[4] Their emergence is coincident with the practice of repeated adult vaccination, suggesting

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[2] Pitcarin, Richard, DVM, PhD, *A New Look at the Vaccine Question.* Proceedings of the American Holistic Veterinary Medical Association, 1993

[3] Dodds, W. Jean, DVM, *More Bumps on the Vaccine Road,* Proceedings of the American Holistic Veterinary Medical Association 1995

[4] Young, Arthur, DVM, Personal communication.

the need to examine that relationship. Aggressive behavior has been observed in dogs for several days following vaccination for rabies, even with non-infectious [killed] vaccines.[5, 6]

As practitioners sharing responsibility for the well being of patients, veterinarians are faced with a challenge when dealing with acute diseases. Vaccinations may prevent these acute diseases, but if the exchange is for a lifetime of chronic disease, is that a viable option? (Viable is from the French *vie*, meaning life, so the question is will the patient live and flourish or simply exist.)

First, remembering that booster vaccines are unnecessary, we can stop all vaccination after one year of age for virtually all diseases. (cf. below; Rabies is required by law so we need to work to change the laws so that they are in accordance with the fact rather than fear.) As repetition naturally increases the likelihood of problems, we can reduce side effects tremendously with no additional risk to the patient, simply by stopping adult boosters. Of course, there will still be some risk involved with even the initial vaccinations, but no risk of contracting the acute disease once the animal is immunized by these first vaccines. See below for duration of immunity to the various diseases for which vaccines are available.

Secondly, all vaccines should be administered as single antigens. (An antigen is something that is capable of eliciting an immune response, in this case a viral or bacterial organism from which a vaccine is produced.) This means not using the polyvalent vaccines which have become so common these days. Natural exposure to diseases is usually one at a time, and the body is probably more successful at responding to only one antigen and producing immunity without adverse effects, rather than responding to a complex of antigens. Therefore, rather than giving a group of antigens together at three to four week intervals, individual components should be given using an alternating schedule with a minimum of repetition. (Cf. below)

Thirdly, only immunize for diseases which meet all of the following criteria:

1. The disease is serious, even life threatening.
2. The animal is or will be exposed to the disease.
3. The vaccine for the disease is known to be effective.
4. The vaccine for the disease is considered safe.

Let us take Feline Leukemia virus (FeLV) disease as an example. An indoor only cat will not be exposed as this requires direct, intimate, cat-to-cat contact. Many veterinarians recommend immunizing indoor cats against this disease. I feel this is unethical. This disease does not fit criteria number three or four anyway in my experience, so vaccination is unwarranted in most if not all circumstances. Feline Infectious Peritonitis (FIP) virus disease is another disease which fits neither three or four. FIP vaccine has generally been found ineffective and has produced severe side effects. Among the side effects I have observed with both FIP and FeLV is induction of the clinical disease they were intended to prevent. In dogs, Canine Hepatitis (CH) virus is almost nonexistent (the vaccine virus to prevent CH is Adenovirus-2). Leptospirosis is extremely rare and often not the same serotype used in the vaccine[7] and the bacterin for "lepto" is very prone to side effects. Coronavirus disease was never a serious threat except to dog companions' bank accounts,

[5] Blanco, B. Dee, DVM Personal communication.
[6] Hamilton, Don, DVM Personal observation.
[7] Schultz, Ronald D., PhD, American Holistic Veterinary Medical Association Annual Conference, 1995

the same being true for Lyme disease except possibly in very small regions. Kennel cough disease is generally not serious (criteria one), and one study showed immunization to be ineffective or even counterproductive.[8] Immunization should be limited to high risk circumstances, if at all. A similar situation exists with the feline upper respiratory diseases; most are not serious except in very young kittens who contract the disease before vaccines are typically administered. Rabies is another disease for which indoor cats and well confined dogs have no exposure, so the vaccine is clinically unnecessary although required by law.

Fourth, vaccines should NEVER be given to unhealthy animals. This is a practice that is gaining popularity among veterinarians for some strange reason, and it goes against the recommendations in all vaccine inserts as well as those of virtually all immunologists. This is malpractice in my opinion.

A bolder option is to refuse immunizations entirely, recognizing the inherent risk in administration of even one vaccine into the body, and being willing to accept the risk of not immunizing. While risk does exist if animals are unvaccinated, it can be moderated significantly by feeding better quality foods (home prepared, including fresh, raw meats) and by limiting exposure until the animals are six to eight months of age. An unvaccinated animal will be significantly less likely to suffer from allergies and many health problems. Skin allergic reactions have been associated with vaccine administration,[9] and tremendous numbers of dogs and cats have skin allergies today. Some other diseases for which links to vaccines are known or suspected include epilepsy, thyroid disorders[10] (hyper- and hypothyroidism), chronic hepatitis, renal failure, cystitis or lower urinary tract disease (particularly in cats), autoimmune hemolytic anemia,[11] neurologic diseases such as confusion and inability to be "present", asthma, and so on. In humans sudden infant death syndrome is strongly linked to DPT vaccination,[12] as are attention deficit disease/hyperactivity and autism,[13] among many others including severe brain damage.

Why are vaccines worse than natural exposure? Probably the major factors are the artificial means by which exposure is created with vaccines and the repetition. With few exceptions (primarily rabies and occasionally Feline Leukemia virus or Feline Immunodeficiency virus), infectious organisms are transmitted via oral and nasal exposure, and this response begins at the oral/nasal level with recognition of a foreign material or organism, followed by initial non-specific destruction and elimination of the organism at the local site of exposure as well as within the blood stream whence an organism may not even reach the interior to cause deep illness, but may be successfully repelled at the periphery. In other cases the body would have a lag time of several hours or even days to begin mounting a response before the "invader" reaches interior organs. As a consequence, deeper pathology may be minimized or even averted. This interior organ pathology may be a direct result of the organism, or it may be an indirect result, manifested through antigen-antibody complexes or other immune system components.

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[8] Day, Christopher E.L., MRCVS *Isopathic prevention of Kennel Cough - Is Vaccination Justified?* International Journal of Veterinary Homeopathy, Vol. 2, number 2, 1987

[9] Scheibner, Viera, PhD, Vaccination: The Medical assault on the Immune System, Australian Print Group, Maryborough, Victoria, Australia, 1993, p. 21

[10] Dodds, 1995

[11] *Ibid.*

[12] Scheibner 1993

[13] Coulter, Harris, PhD, Vaccination, Social Violence and Criminality, North Atlantic Books, 1990

These components may inadvertently damage body tissues as "innocent bystanders", or may directly attack or invade tissues due to recognition problems (autoimmune diseases). The latter may happen because of similarity between organism structures and host tissues; often this involves the nucleoproteins (DNA or RNA), molecules that are important for controlling activity at a cellular level.

When a vaccine is administered, the organism is injected directly into body tissues, bypassing the local immune responses. When this happens, much of the immune system is rendered useless. The body then must compensate by increasing the activity of the balance of the system, and the defenses begin in a compromised state, with the organism already in the blood stream. Within the blood stream, the primary aspects of the immune system are antibodies, proteins which attach to the organism and assist in its destruction. Although normally only a part of the defenses, these antibodies become heavily responsible in a vaccine (injected) induced invasion, thereby initiating a hyperactive (increased) response. Additionally, the preparation of vaccines often breaks down the integral structure of the virus or bacteria, exposing internal strictures such as viral DNA or RNA (depending on the virus) to the immune system, leading to heavy antibody production against these nucleoproteins. Since nucleoproteins are relatively similar in all life forms, the host antibodies may lose the induced hyperactivity of antibody production. The result may be antibody mediated destruction of host tissue, and autoimmune disease. In a natural exposure, antibodies would be directed more at external structures, which are less similar to host tissues thus less likely to induce cross reactions. Incidentally, autoimmune diseases are occurring more frequently than ever; could this be a reason?

Aside from the above considerations, vaccines commonly contain materials other than the organism to which immunity is desired. These materials may be added as preservatives, adjuvants (materials to stimulate immune response, usually added to non-infectious [killed] vaccines), or antibiotics. Preservatives and adjuvants include such toxins and carcinogens as aluminum (alum), mercury (thimersol), and formaldehyde. Also, many foreign proteins are included if the organism was grown on foreign tissue such as chicken or duck embryos. Even more frightening, non-intended organisms are sometimes accidentally incorporated as contaminant "stowaways". In 1995 The Washington Post reported that MMR vaccine produced by Merck & Co. along with some influenza and yellow fever vaccines, contained an enzyme known as reverse transcriptase. This enzyme is associated with retroviruses such as FeLV, FIV, and HIV, and has the capability to alter genetic information, leading to serious diseases such as leukemia and other cancers. These diseases may take years to manifest, so correlation with vaccination may be impossible, masking a potentially causative relationship.

The recommended schedules (age to vaccinate) are from Dr. Schultz, with a few changes as follows: He supports the use of combination vaccines and I strongly do not. He thus recommends in cats to combine Panleukopenia (FPL), Calicivrus (FC), and Rhinotracheitis (FVR) in one schedule; I have recommended to use FVR-FC intranasal vaccine only if needed, and separately from FPL. In dogs he would combine Distemper (CD), Parvo (CPV), and Hepatitis, and possibly Corona and Parainfluenza. I would recommend CD and CPV only, and not combined.

I generally support the use of killed (non-infectious) vaccines, as I feel they have less likelihood for long term damage, but Dr. Schultz presents a strong case for the use of modified live vaccines (MLV) as repetition can be necessary with non-infectious vaccines.

With MLV, one dose can have high efficacy. This primarily applies to DC and CPV as non-infectious [killed] Rabies and FP are as effective as MLV. Dr. Schultz' one dose-95% (one dose of vaccine at a given age will successfully immunize 95% of animals) suggestions are as follows.

Canine Distemper (MLV) 10-12 weeks
Canine Parvovirus (MLV) 12-14 weeks
Feline Panleukoenia (non-inf. [killed] OK) 10-12 weeks

Finally, a comment about vaccinations and choice. While the concept of 'owning' an animal is one with which I am uncomfortable, I do recognize that this is how the human-animal relationship is viewed from a legal perspective. Otherwise we certainly can be said to be guardians of our companion animals. Within this framework the choice about vaccination rests with the human who has accepted responsible guardianship. It does not rest with the veterinarian. Another trend of the past few years is coercion of guardians into procedures such as vaccination. This coercion may be blatant, such as refusal to provide services, even emergency care, unless the animal is 'current' on vaccines. Sometimes even critically ill animals are vaccinated upon admission for treatment. More subtle means include induction of fear and/or guilt by asserting (as an authority figure) that companion animals are at risk if not vaccinated yearly, and that failure to comply is evidence of lack of caring. Tactics such as this can create feelings of guilt in the guardian, leading to a fear based decision to vaccinate an animal that is not at risk. This is unethical if not outright malpractice and refusal is an acceptable response. As has been stated above, rabies vaccination is legally compulsive at one to three year intervals, so refusal is a legal risk. Fighting to change these laws, however, is appropriate.

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We, who share our lives and homes with our companion animals are not the only ones who are becoming concerned about the detrimental effects of repeated vaccinations and poor diet.

About a year ago, while poking around in my favorite health foods store, picking up some of my supplements and seeing what's new, I got involved in a conversation about a sick dog. The fellow customer was a landscaper and was very concerned about his beloved dog who was just diagnosed with cancer. I mentioned that some holistic vets are utilizing some alternative methods for cancer treatment. Also, as usual, told him about the dramatic improvement that fresh food feeding made in my dogs and cats, encouraging him to try some. He said that he was willing to do anything to help her. We went out to the parking lot to see her and I was aghast at what I saw.

Here was an old lab-type dog, thrilled to have the attention and especially that of her human. Her eyes were opaque, clouded and vacant. Her coat was greasy and smelly. But the worst thing of all was this ugly, enormous, and hideous red growth sticking out of the side of her mouth. Her jaws were prevented from closing together because of the tumor. Then he reached in and opened her mouth revealing and even larger mass of the same horrible description. I had never seen anything so horrifying and was not prepared for this. I thought: Oh my God! It was all I could do not to gasp as I didn't

want to hurt his feelings; I could see that he loved his dog. I tried to be as casual as possible, giving him kind words of encouragement and patting his good girl.

I made my way back into the store, bought my items and left. Within minutes, driving down the road, my thoughts were of how awful it must be to see that kind of horrible disease on a daily basis. To have to tell people the heartbreaking news that their loved one has cancer or is dying - every day - must be so tremendously difficult. This is what vets and doctors must do. I found myself overcome with emotion and the tears just flowed - for that dog, her guardian, and for all the suffering: the animals, their humans and the vets who see that tragic situation day in and day out. God Bless them, I don't think I could handle it. I then started to reflect on my own animal companions, and at that moment in time, my commitment to them and their health - of providing them fresh, wholesome food and no chemicals was made even more steadfast.

Some of the Harmful Effects of Vaccination

Effects can be seen even weeks later (primarily from Dr. Pitcarin's complete Guide to Natural Health for Dogs & Cats):

- Malaise (fever, muscular aches, bone and joint inflammation, pain and prostration)
- Encephalitis - from the rabies vaccination, especially if animal is too young
- Autoimmune disease
- Hemolytic anemia
- Bloat
- Stiffness
- Feline infectious peritonitis (FIP) a few weeks after getting the feline leukemia (FeLV) vaccine
- Depression
- Lack of appetite
- Skin allergies or changes
- Lameness
- Tumors in cats at injection site
- Inflammatory bowel disease (IBD)
- Long-term chronic diseases
- Eye or nose inflammation in cats may last for months
- Gastrointestinal upset
- Bleeding disorders
- Seizures
- Thyroid disease
- Adrenal (endocrine/hormonal) disorders
- Personality changes
- Lowered immune system

The most common disturbances *following rabies vaccination are:*

- aggressiveness
- suspicion
- unfriendly behavior
- fear of being alone
- hysteria
- destructiveness (of blankets/towels)
- howling or barking at imaginary objects

Dr. Pitcarin says, "These can be treated with homeopathic medicine, but sometimes with difficulty. One of the saddest things in our practice to restore a dog's health (sometimes after prolonged and careful work), only to have the animal suffer a relapse and go into a decline after we acquiesce to a required rabies vaccine."

What to do? Dr. Pitcarin's suggests consulting with a qualified holistic vet. A way to minimize vaccine problems is to use killed, single vaccines instead of the combinations, wait until the animal is 16 weeks old, reduce the number of vaccines and avoid annual boosters. More information is further on in this section.

UNTOWARD EFFECTS FROM VACCINATIONS

Adverse Vaccine reactions may not necessarily be right after injection, but can be 24-30 days later, usually it's the second dose.

If our animal has a reaction to a vaccination we are to:

1) **Go to the vet and *insist on telling the vet.***
2) ***Be sure* lot # & name of vaccine manufacturer is written on the chart.**
3) **Contact the vaccine manufacturer, with the lot number.**
3) **Call the USDA Biologics Hotline: 800/ 752-6255 to match the reports.**

" Current vaccine practices are medically unsound. It is time to question the wisdom of annual booster, multivalent products, and unnecessary vaccines. Doing so will return companion animals' immunization to its status as a medical and not as an economical procedure." --- AAHA Trends magazine

The days of the notorious "annual booster" appear to be over.

Dr. Jean Dodds of Hemopet

said that there is progress being made in the policy-making of vaccination procedures. She gave a very informative presentation at the 1997 Conference of the American Holistic Veterinarian Medical Association. She summarized the results of the

***First* International Veterinary Vaccines and Diagnostics Conference.**

This was held in Madison, WI, July 27 - 31, 1997.

IMPORTANT INFORMATION from Dr. Dodd's Presentation

"In recent years the prevalence of autoimmune (immune-mediated) diseases has been increasing rapidly in humans and animals. Scientists and clinicians have attributed this increase to such factors as genetic and sex predisposition, nutritional influences, exposure to toxins and drugs, recent viral infections or use of polyvalent vaccines and pituitary-thyroid axis imbalances. Today, an estimated 80% of cases of canine hypothhyroidism result from autoimmune lymphocytic thyroiditis. The heritable basis of this disorder poses significant genetic implications for breeding stock, and affected animals should not be used for breeding."

--- W. Jean Dodds, DVM
from the Proceedings of the
Conference of the American Holistic Veterinarian Medical Association
September 15, 1997 - World Peace Day, Burlington, Vermont

autoimmunity is failure of self-tolerance, or in other words, it's the body turning against itself, attacking itself, and the immune system is seriously malfunctioning. The causes of autoimmune diseases have many factors. **The main factors are: genetic predisposition, hormone activity, virus Infection, and stress.**

*mediated means to effect something by means of an intermediary substance. The vaccines have been implicated as one of those intermediary substances which are adversely affecting the body's immune system.

hypo means under-active
thyroid a very important gland which regulates metabolism of all body cellular functions.

hypothyroidism can produce a wide range of disorders and diseases. A special blood test and the experienced professional interpretation is required for accurate diagnosis.

What's Connection between the Thyroid and Vaccines, why is it Important?

It may sound foreign, but don't be put off by the technical jargon. The dictionary comes in handy for the terms I've not explained. Or you can ask your vet. An excellent article written by Dr. Dodds was published in Dog World (3/95) which may be available from them as a reprint. Some of it is reprinted later on. I've only learned about this crucial information just within the last few years. Some of my friends learned the hard way - before their very eyes. They witnessed the horrendous effects, tortured because they felt so helpless and watched their poor animals suffer through things like multiple seizures continuing for hours at a time, lasting for several days.

In two other instances, two of my friends' dogs came down with that autoimmune hemolytic anemia (AIHA,) This is a deadly serious disease that is described as the body's white blood cells (commonly known as lymphocytes) attacking and killing the red blood cells. Remember that one of the functions of the red blood cells is to carry oxygen to every cell in our body.

In one case the dog was saved in another she was not. Both said that the first thing that they noticed was that the appetite was poor and the animal was weak. The gums were white. Immediate emergency medical intervention of transfusions, etc. is necessary. For my one friend, her dog went quickly. This is tragic, and something neither will ever forget.

According to Dr. Dodds, some vaccines, such as the Modified-Live (MLV) type and have been associated with triggering adverse effects in animals affected by Thyroid Disorders. Susceptible or affected animals should also avoid the monthly heartworm drugs and wormers, and some antibiotics, anticonvulsants, and anti-inflammatory drugs. In some affected dog families [with Thyroid Disorders] the use of polyvalent combination modified-live vaccines has apparently induced:

seizure disorders, AIHA [autoimmune hemolytic anemia], and/or
ITP [idiopathic thrombocytopenic purpura] [loss of platelets in blood]
bone marrow failure, acute fevers, and
renal [kidney] **failure leading to amyloidosis, lameness, stiffness and**
arthritic pain to the extent that these dogs cannot stand up or move

This is just one example of the general principal to avoid unduly challenging [polyvalent MLV vaccinations or exposing to infectious diseases] susceptible animals **during periods of rapid growth, hormonal change, or stress events."**

"Individuals genetically susceptible to autoimmune thyroid disease may also be more susceptible to immune mediated diseases affecting other target tissues and organs, especially the bone marrow, liver, adrenal gland, pancreas, skin, kidney, joints, bowel and central nervous system. The resulting 'polyglandular autoimmune syndrome' of humans is becoming more commonly recognized in the dog, and probably occurs in other species as well. The syndrome **tends to run in families and is believed to have an inherited basis."**

"An additional noteworthy finding in dogs affected with Thyroid or polyglandular autoimmune disease has been the sudden or progressive onset of aberrant behavior including:

aggression
submissiveness
shyness
fearfulness
passivity
seizure disorder
excitability
sensitivity to noise
anxiety
irritability
compulsiveness
chewing
moodiness
lethargy
depression
unstable temperament

Many veterinarians conduct seminars (see Veterinary Consultants in the Resources Section) and I attend as many of them as possible. Dr. Jean Dodds' seminars are always very informative. To follow are some important highlights:

- ***Only healthy animals should be vaccinated.*** It is *not advised* to vaccinate animals who are very old, or any animal that may have a health problem, such as: allergies, ear problems, teeth problems, skin problems or fever or even if the animal has had a trauma or stressful event (i.e., a recently weaned puppy going to a new home, any surgery, and not during hormonal changes).
- **Stress** can be emotional, environmental and psychological. Events that are stressful include holidays, bad weather, vacations, boarding, new additions to the family, trips to the vet, vaccinations, viruses, and parasite treatment. It is not advised to vaccinate during hot or cold weather.
- **Nutrition is extremely important! Pay attention to diet, antioxidants and supplements. Fresh, wholesome and varied foods are the best for us and our companion animals.** Labels can't be trusted.
- Consider all the chemicals to which the animal is exposed including lawn treatments of pesticides and herbicides.
- All MLV parvo vaccinated animals shed the virus in the home environment for a short while (e.g. 3-10 days) and other animals may be adversely affected.
- Dr. Dodds warned against over-vaccinating certain breeds/families, for example, Akita, Rotttweilers, Weimaraner, Harlequin Great Dane, giant breeds, dogs with white or light color coats, dilutes - blue, cream, are all much more likely to react to vaccinations and are susceptible to immune mediated disease.
- The monthly heartworm drugs, ivermectin, milbemycinoxime, and the combination wormers (i.e. DEC-OBZ) can trigger severe reactions in some dogs, especially Akitas, Collies and Collie-related breeds. She does *not* recommend using internal flea products or the chemical dips or sprays.
- Some breeds have a common bleeding disorder called von Willebrands Disease. The dogs should be tested for this prior to any scheduled surgery such as spaying. There is an association between von Willebrands disease and thyroid disease.
- For any **elective surgery, blood tests, or diagnostic x-rays:** remember that *the estrus hormonal stage relaxes the hips.* Do *not* have the tests performed or vaccinate if your female is in heat, or just prior to heat, pregnant or lactating. Wait until mid-cycle: 12 - 16 weeks from the onset of the previous heat (anestrus stage). To determine this, just record the first day of the start of her "season", count 12 weeks forward. Fast your animal for 12 hours prior to blood tests.
- The Basal Thyroid Profile test on **female dogs** should be done during the first anestrus period following her maiden heat. Again, this period generally begins 12 weeks from the onset of the previous heat and lasts one month or longer. Genetic screening of healthy female animals intended for breeding should be performed annually during anestrus.
- **For the male dog**, testing for the basal thyroid profile can be done as long as he is not actively breeding, or there is not a female in heat around, and wait until after puberty: 10-14 mos. Check the firmness of his testicles, measure the diameter *with a string (then lay string against ruler)* and record the findings once or twice a year.
- Have your animal get a routine wellness exam which should include a basal thyroid profile and establish the normal range for that animal.

- ***Do not give multiple vaccinations at one time.***
- Vaccines that are *not* generally recommended are: Lyme, canine corona, chlamydia, canine hepatitis, leptospirosis, bordetella (kennel cough), parainfluenza, feline leukemia (FeLV), feline infectious peritonitis (FIP), ringworm, or rota virus.
- If you do choose to vaccinate, the optimum age for vaccination is 12 - 16 weeks. Orphaned pups and kittens do have some maternal antibodies, as 20-30% of antibodies cross the placenta.
- *There is a lifetlong immunological memory to vaccinations that's measurable.*
- An alternative to routine boosters is annual vaccine titers, but *not* regular titers against common infectious agents. We don't vaccinate chronically ill, allergic, or immuno-compromised animals.
- The mucosal vaccines are becoming available. Many people believe that they offer a more natural route of exposure to viruses and bacteria, rather than giving those by injection.
- Read the literature on vaccinations, the brand of the distemper and parvo vaccines is important, look for double blind trials.
- Get rid of fear-based thinking.
- Viral vaccines, like virus infections, are influencing the thyroid gland. The thyroid has many important functions in the body, including influencing the body's smooth muscle tone which controls the bladder and other tissues. Common problems that may result are: urine leaking / **incontinence**, a floppy esophagus, difficulty swallowing food, larynx paralysis with a weakened bark (almost a yip - it sounds odd), and regurgitating food. It can take months for the muscle tone to come back.
- Dr. Dodds said that up to 40% of animals with chronic **skin problems** benefit from thyroid therapy, whether or not they are hypothyroid, and it takes months to correct. It's worse at the mid-life stage of the dog.
- **The Thyroid is the Sentinel**, a marker for what is going on in the body. An imbalance can even lower the seizure threshold.
- **For Breeding**: the *older the proven and tested sire the better - if he's healthy*, because you can then review the quality of and any problems with his offspring. Freeze semen in the prime of life. Test sires and dams for autoimmune thyroiditis. An estimated 80% of cases of canine hypothyroidism in purebreds result from heritable autoimmune (lymphocytic) thyroiditis. Affected animals should not breed. The test results showing an elevated canine thyroglobulin autoantibodies (TgAA) confirms thyroiditis and promotes early detection of the disorder. For test accuracy, the animal should not receive any thyroid supplement within 90 days of the test or any vaccinations within 30-45 days of testing.
- Autoimmunity means failure of self-tolerance. There are genetic, environmental, and nutritional influences in autoimmune disorders and many types. The vaccines are producing autoimmune hemolytic anemia, a very serious disease.
- ***Selenium deficiency** can give a **false negative** test result for hypothyroidism even with clinical signs.* The synthetic antioxidants (preservatives) can impair the bioavailability of Vitamins A and E and Selenium, and alter cellular membrane function, metabolism and detoxification.

- **Vaccination is *not necessarily immunization* or protection against disease, and the vaccines are not 100% effective.** Most licensed vaccines do not have to establish 100% efficacy to be licensed. Rabies vaccine is only 87% effective, FelV vaccine may only be 40% effective.
- **For cats**, the T3 Suppression test can be used to test for feline hyperthyroidism.
- For humans, the frequency of a vaccine reaction of one in 100,000 and one in a million is considered high (we stopped using the oral Polio Vaccine when 6-8 people per year got polio from the vaccine), whereas in our animals, the frequency of adverse reactions is .01-.02% (one in 10,000 to one in 20,000) which is an unacceptable, high level.

Diagnosis of Thyroid Disease involves:

- ❑ **Complete basic blood profile**
- ❑ **Thyroid, and Thyroid Autoimmune Antibody,**
  (T3, Free T3, T4, Free T4 T3AA, 4TAA, cTSH, and K)

***The Older Thyroid Tests, Serum T4, or T3 are not reliable for diagnosis because*:**

---- over-diagnose Hypothyroidism
---- under-diagnose Hyperthyroidism
---- fail to detect earl compensatory disease and thyoiditis
---- influenced by nonthyroidal illness and certain drugs

As you can see attending a seminar featuring Dr. Dodds is time well spent! In her handout was a reprint of an article she wrote in Dog World (3/95). This article is also on the internet: http://www.golden-retriever.com/

There is a wealth of information available, but for those folks who don't have access to the "information super highway", I've highlighted some of Dr. Dodds' article which I feel is crucial to understanding more about the health of our animal companions especially regarding vaccinations.

Keep in mind that **other environmental stimuli,** includes: flea and tick collars, dips, heartworm drugs, chemicals outgassing from plastic feed or water bowls, carpeting and lumber (on decks), lead leaching from food bowls and pipes, various cleaning products (floors), deodorizing sprays and powders, and additives to some commercial petfoods.

Excerpts of the article published in Dog World 3/95

THE IMMUNE SYSTEM: GUARDIAN AGAINST DISEASE, DYSFUNCTION OF THE IMMUNE SYSTEM CAN COMPROMISE THE BODY'S ENTIRE LINE OF DEFENSE

by W. Jean Dodds, DVM of Hemopet:

- **Immunological Effects of Vaccines**

Combining viral antigens, especially those of modified live virus (MLV) type which multiply in the host, elicits a stronger antigenic challenge to the animal. This is often viewed as desirable because a more potent immunogen presumable mounts a more effective and sustained immune response. However it can also overwhelm the immunocompromised or even a healthy host that is continually bombarded with **other environmental stimuli** and has a genetic predisposition that promotes adverse response to viral challenge. This scenario may have a significant effect on the recently weaned young puppy that is placed in a new environment. Furthermore, while the frequency of vaccinations is usually spaced 2-3 weeks apart, some veterinarians have advocated vaccination once a week in stressful situations. To me, this practice makes no sense from a scientific or medical perspective. While young puppies exposed this frequently to vaccine antigens may not demonstrate overt adverse effects, their relatively immature immune systems may be temporarily or more permanently harmed from such antigenic challenges. Consequences in later life may be the increased susceptibility to chronic debilitating diseases. Some veterinarians trace the increasing current problems with allergic and immunological diseases to the introduction of MLV vaccines some 20 years ago. While other environmental factors no doubt have a contributing role, the introduction of these vaccine antigens and their environmental shedding may provide the final insult that exceeds the immunological tolerance threshold of some individuals in the pet population.

- **Hormonal State During Vaccination**

Relatively little attention has been paid to the hormonal status of the patient at the time of vaccination. While veterinarians and vaccine manufacturers are aware of the general rule not to vaccinate animals during any period of illness, the same principle should apply to times of physiological hormonal change. This is particularly important because of the known role of hormonal change alone with infectious agents in triggering autoimmune disease. Therefore, vaccinating animals at the beginning, during or immediately after an estrous cycle is unwise as would be vaccinating animals during pregnancy or lactation. In this latter situation, adverse effects can accrue not only to the dam, but also because a newborn litter is exposed to shed vaccine virus. One can even question the wisdom of mother and her litter to shed virus. Recent studies with MLV herpes virus vaccines in cattle have shown them to induce necrotic changes in the ovaries of heifers that were vaccinated during estrus. The vaccine strain of this virus was also isolated from control heifers that apparently became exposed by sharing the sane pasture with the vaccinates. Furthermore, vaccine strains of these viral agents are known to be causes of abortion and infertility following herd vaccination programs. If one extrapolates these findings from cattle to the dog, the implications are obvious.

- **Nutritional Factors and the Immune System**

Nutritional factors that play an important role in immune function include zinc, selenium and vitamin E, vitamin B-6 (pyridoxine) and linoleci acid [an essential fatty acid]. Deficiencies of these compounds impair.. immunity. The requirement for essential nutrients increases during periods of rapid growth or reproduction and also may increase in geriatric individuals, because immune function and the bioavilability of these nutrients generally wanes with aging.

Information on Laboratory Blood Tests,
Vaccine Titers and Thyroid Auto Immune Testing:

Because the vaccinations may adversely impact the thyroid, and I understand that only a few labs in the country do the special tests on the thyroid, and thyroid autoimmune antibody, (T3, Free T3, T4, Free T4 T3AA, 4TAA, cTSH, and K values). Hemopet is the contact for one of the labs and the fee is very reasonable. The telephone number is 714/ 252-8455 (California - Pacific time).

I had my local vet do a wellness check-up on my dog, draw the 3-4 cc's of blood into the glass tubes, let it clot, spin it to separate the serum (to get at least ½ cc of serum). Then I secured it in the bubble wrap and mailed (I sent it priority mail) to Hemopet, 17672-A Cowan, Suite 300, Irvine, CA 92714. I included my name, address, and phone number, my dog's name, sex, breed and age, instructions, and payment.

There are several blood tests that can be done in addition to the Canine Thyroid Antibody Profile. The von Willebrands (bleeding disorder) vial of blood must stay cold. It's best to call Hemopet for your own particular needs.

I later received a detailed report with Dr. Dodds' comments. The interpretation is very important, and has a lot to do with the breed and age of the animal. As she says, "Look at the Patient." My dog looks fine and seems bright-eyed and playful. Thankfully, his bloodwork was good. Dr. Dodds will also fax a report to your vet, if requested. You can call Hemopet for information, I found the staff to be very helpful.

To me, the lab report was validation that the Fresh, Raw, Wholesome and Varied Diet is keeping my companion animals healthy, and therefore their immune systems are strong. As I said, before I knew any better, for many years, my animals got those "Combo Wombo" annual booster vaccinations, and excessive rabies shots. When I found out about all the problems they can cause, I felt terribly guilty, and angry, too. The alternative of having vaccine titers done may give me an indication of their immunity to a certain disease.

The rabies vaccination is a legal issue, but let's remember that only animals who are healthy should be vaccinated. One holistic vet's policy is after the rabies vaccination, the homeopathic remedy, Lyssin 12 c is to be given, two times a day for five days. Thereafter, rabies titers are done every 3 years. This is especially for her patients' whose health would be at risk for further vaccination. She is finding extremely high titers for years and years and these are *human standards*.

Rabies is a serious and almost 100% fatal disease. The vaccination requirements are a Public Health Law of the Federal and State Governments.

The Procedure for Rabies Titers :

2 ml. Blood drawn into tube without preservative - *Do Not Have it Spun*
Package in cold packs (priority or overnight)

Send with a check payable to Kansas State University in the amount of $27 to:
Dr. Deborah Briggs
atten.: RFFIT
Veterinary Diagnostic Laboratories
Clinincal Science Building
Kansas State University
Manhattan, KS 66506-5600

Some vets will also do a Metabolic Nutritional Analysis from the bloodwork, which is a bit expensive; one of these days, I'll have that done, too. These are all helpful tools to tell me how my animal's health is on the inside, because they can't speak my language and tell me if something's wrong. In the Newsletter, "Healthy Pets - *Naturally*", Dr. Swift says that we should not rely totally on the blood tests for determining the health of our companion animals.

Please read all you can in order to make an *informed decision your companion animal is counting on you!*

One of the best new books on animal vaccinations is Who Killed the Darling Buds of May? wonderfully written by Catherine O'Driscoll ($28.47 surface mail, add $7.50 for airmail), also available from Karidan's Catalog 888/ 697-9374 ($24.95 plus s+h). Another is The Great Vaccine Debate for Dogs by Viera Scheibner, PhD ($28.95 delivered surface mail). They are available from Abbeywood Publishing, PO 1, Lognor, Derbyshire, SK 17 OJD, UK (personal checks only). E-mail: abywood@aol.com

Also, Dr. Pitcarin has some excellent information in his book, Dr. Pitcarin's Complete Guide to Natural Health for Dogs & Cats. He says *"the feline Leukemia vaccines are the most harmful of all the cat vaccines available"*. He also advises to wait until the animal is at least 16 or even 22 weeks of age and keep the pup away from contact with other dogs. My dog, Danny Boy, was only vaccinated for rabies (careful of the brand) as the rabies is legally required.

The **good news** is that homeopathy is one way to treat the animal and "undo" some of the adverse effects of vaccines. I am now being very cautious. I waited as long as possible for my puppy, Danny Boy's immune system to mature. Danny then was given the homeopathic remedy, Lyssin (within two hours) 30C. For other vaccinations, the remedy, Thuja 30C is used. Some experts suggest that the following week Sulfur 6X can be given for one week. It's always best to confer with a vet who's knowledgeable in Homeopathy and many specialists are listed in the Resource Directory or you can call the American Holistic Veterinary Medical Association at 410/ 569-0795, for the most up-to-date membership in your area.

For those who are wondering: *What the heck is Homeopathy?*

Christina Chambreau, DVM gives a very good explanation in the Proceedings of the 1997 Midwest Holistic Veterinary Conference. She says that Homeopathy is a very old medical modality dating back to at least the Greeks. A German physician, Samuel Hahnemann tried some experiments on himself and explained the fundamental principle of similia similibus curentur (like cures like: the law of similars). He formalized it in the late 1700's and coined the term Homeopathy: (homeo=like, pathy=disease). Homeopathy fell out of favor in the United States during the early 20th Century but continued to be utilized throughout the rest of the world. Now many Americans are requesting homeopathy as a complementary form of healing in medicine.

Personally, I utilize homeopathic remedies for myself, my husband, and my companion animals. Again, there are many good books on this subject, some of which are listed in the list of Publications in the Resource Directory.

A good suggestion is to give additional Vitamin B complex and Vitamin C before, at the time the vaccinations are given, and for several weeks afterwards, mentioned in The Holistic Guide for a Healthy Dog, pages 101 and 102.

Remember, each animal and situation is to be dealt with individually. The diet, environment lifestyle and stress levels will vary. I do not board my dogs or attend classes where proof of "annual boosters" are required. You may want to discuss your particular situation with your vet and also consult with one of the holistic vets listed in the Resource Directory section. I have found them to be very caring and knowledgeable, providing me with additional options for a more natural approach.

Some animals who are not healthy or have had a prior adverse reaction to a vaccination are sometimes being exempted by their veterinarians from additional vaccines which may put their health or lives at risk. This is a note that your vet writes to excuse your at-risk animal from a vaccine if a Health Certificate is required. It's always a good idea to consult with a holistic vet and again, many are listed in the Resources Section.

An interesting paragraph was in the above mentioned Proceedings by Dr. Chambreau regarding vaccinations.

"A veterinarian who breeds and shows Collies tells of breeders who start vaccinating at 2 weeks of age with modified live multiple vaccines. She has noticed for years that these are puppies who have the most lameness, the most bloat, the most skin parasites and the most breeding problems. She has avoided them for years. A veterinarian in Saskatchewan stopped vaccinating his large beef herd 11 years ago and his herd mortality decreased by 75%. He has no calf sours."

She also said that the Homeopathic remedies called Nosodes are very useful in epidemics, given right after exposure.

I attended the Natural Animal Care Expo by Enchanted Connections which was organized by Susan Marino, RN (in Consultants listing). Her Expo Guide had a very interesting article written by Stephen Tobin, DVM of Meriden, CT, (listed in the Resource Directory) and is reprinted here with his kind permission.

Lyme Disease and Homeopathy

As a holistic veterinarian, I have treated several hundred cases of Lyme disease in the past five years. After trying various homeopathic preparations, with only limited success, I found that Ledum in a 1M potency is about as close as you can get to a specific cure. I have used it in dogs, cats, and horses, and it does not seem to matter whether it is a recent infection, a year old, treated or untreated - they all respond curatively. I have not had a single case that did not improve. The conventional treatment for Lyme disease is a course of antibiotics, usually amoxicillin or doxycycline. This works quite well in most cases of recent infection, but hardly at all in long-standing cases.

Homeopathic Treatment Effective

While I do not treat human beings, some of my clients with animals suffering from Lyme disease have taken Ledum 1M for their own Lyme disease infections, after seeing the positive result with their animals. The feedback I have gotten is all positive. I have told numerous naturopaths and homeopathic MDs about Ledum. One homeopathic MD runs titers on all his Lyme disease patients, both before and after treatment with Ledum, and has found that there is a consistent decline in the titer after Ledum. I myself seldom run titers, which is a measure of antibody levels, as the disease is so easily recognizable. Usually the dog has been limping for one or two days on one of the front legs, followed by an aversion to moving at all, as all the joints now hurt. There is usually fever an loss of appetite. For treatment, I give one pellet of Ledum 1M three times a day for three days. All signs of the disease are gone by the end of three days, often even by the end of the first day.

Homeopathy for Prevention

I have been using Borrellia burgdorferi 60X nosode, a homeopathic preparation, as a preventive for Lyme disease in dogs. I give one oral dose daily for one week, then one dose a week for one month, then one dose every six months. In the past four years, I have had only two dogs out of over five hundred on this regimen contract Lyme disease; both cases readily cleared with Ledum.

Lyme Vaccine Ineffective

While there is a canine vaccine for Lyme disease, I haven't found it very effective. One vet who uses it extensively told me she feels it provides protection for about a third of the dogs receiving it. I have seen a number of Lyme disease cases in dogs starting five to six weeks after vaccination (these also resolve with Ledum).

In an April 1993 letter, the Cornell Veterinary School Diagnostic Lab wrote about a study of dogs with a clear history and diagnosis of Lyme disease: 56% had antibodies as determined by the western blot test only against the vaccine, with another 32% having antibodies against the vaccine and spirochete itself. In other words, more than half had Lyme disease because of the vaccine and almost a third had Lyme disease despite the vaccine. Lyme disease is transmitted by deer ticks, which are present and active in wooded areas throughout the year. The most prevalent times for infection are summer and fall. There is a relatively long incubation period, ranging from weeks to months before the symptoms suddenly appear.

Anecdotal Evidence

One dog I saw in March had been favoring his left foreleg for two days. As I couldn't find any areas that were sensitive or tender, I treated the dog for a condition arising from over-exercise. The caregiver brought him back two later. He was now hunched over, not wanted to move, but only to be left alone. I put him on Ledum 1M, one pellet three times a day. That evening the dog wanted to play ball and by the next morning acted as if he had never been ill.

One breeder told me that before she started using the nosode, at least one dog and one family member would contract Lyme disease each year, but since using the nosode as a preventative (for the family and dogs), they have not had one case. Her husband was bitten twice by deer ticks last summer and developed a rash the size of a dime, whereas in the past, when he was bitten by a deer tick and subsequently developed Lyme disease, the rash was "twice the size of a half dollar".

I know a number of naturopaths who use Borrellia burgdorferi nosode as part of their treatment protocol for Lyme disease. One client, to whom I have given the nosode for her horse, took it herself and told me that Lyme disease she had been suffering from for several years cleared up.

"... there has never been a double blind study of aspirin, an inconsequential blip never even mentioned by those who still tread a different path cluttered with the potholes of suppression and the swirling mist of palliation."

----Arthur Young, DVM

What to do and what's in store for the Future?

Dr. Dodds suggests in her article published in Dog World 3/95:

"Veterinarians, scientists, breeders and owners need to voice their concern and discontent with the present industrial vaccine practices. We need to urge manufacturers to seek alternatives. Even if killed vaccines are proven to be somewhat less efficacious (produce lower levels or less sustained protection) than MLV [Modified Live Vaccine] products, they are more safe. All killed vaccines on the market today have passed current efficacy and safety standards in order to be licensed for use by the United States Department of Agriculture [USDA]. The issue is to what extent being more effective elicits a benefit rather than a risk.

In the future we will see the evolution of new approaches to vaccination including sub-unit vaccines using DNA technology and killed products with new adjuvants to boost and prolong protection."

At the Third Annual Midwest Holistic Veterinary Conference, a enlightening presentation was given by Ronald Schultz, PhD, Professor and Chair, Dept. of Pathobiological Sciences, School of Veterinary Medicine, University of Wisconsin-Madison. To follow is the excerpt of the Proceedings. *(bold / italics added)*.

You'd better sit down.

"We can expect many new, never before licensed vaccines for cats and dogs. These products will be developed with the modern techniques of biotechology and they will for the most part be *designed to prevent relatively rare diseases*, or diseases that are restrictive to certain geographic areas of the US or the world. *Certain* of our current modified live vaccines will be replaced by non-infectious genetically engineered products or vectored vaccines. **Most of the current killed whole organism vaccines will be refined or replaced.** These changes will occur in an effort to make the vaccines safer, not more efficacious. Efficacy becomes less of a concern, when the diseases the vaccines were designed to prevent become uncommon or non-existent.. Therefore, the emphasis will be for products that cause little or no *observable* adverse reactions, but may provide only a satisfactory level of protection. Remember all vaccines are efficacious in the absence of challenge.

A new class of vaccines are the DNA vaccines. They are reported to constitute "A New Era in Vaccinology". The DNA vaccines are unlike current modified live or killed vaccines in that they are not infectious like MLV, nor do they contain vaccine antigens or adjuvants

which are present in killed vaccines. **They are instead the *genetic information, the DNA, coding* for the antigens required to produce protective immunity. The DNA is injected with needle and syringe, bio-injector or "gene-gun"** with or without substances that facilitate uptake of the DNA by host cells (e.g., liposomes, gold particles). **The DNA taken up by the host animal's cell remains in the cytoplasm where it replicates and produces antigens of the pathogen from which it is derived.** The animal then develops an immune response to the foreign antigens produced by the ***transfected* host cell.** The immune response that develops to these antigens includes both a cellular and humoral response. The response appears in many cases to be as effective as that seen with a MLV vaccine and these new vaccines appear to be as safe or much safer than killed vaccines. Interestingly the immune responses to the DNA **vaccines are sometimes hard to measure using classic serologic tests because low levels or no antibody may be produced.** Instead the vaccine expands a population of antigen reactive T cells. Therefore, it is not until you challenge the animal that you can be certain an immune response has occurred from vaccination with some DNA vaccines, yet the animal will be complete protected from disease. For example, with several CPV-2 DNA vaccines we tested, vaccinated animals had little or no detectable CPV-2 antibody but when the pups were challenged they completely resisted development of disease and none died, whereas unvaccinated dogs and dogs vaccinated with a killed parvovirus vaccine had 100% morbidity and 80% mortality. It is likely to be several years before DNA vaccines are licensed and available in the veterinarian's office. However **DNA vectored vaccines (different from the naked DNA vaccines) are already licensed (Rab-oral®, vaccinia virus vectored rabies vaccine and Recombitek® a canary pox vectored canine distemper virus vaccine from Rhone Merieux, Inc.)** and additional vectored vaccines will soon be available for dogs and cats. For certain the future will bring many new vaccines against bacteria and viruses for which there currently are no vaccines. **There will be vaccines developed for ecto and endo parasites. There will be vaccines to prevent pregnancy by either "immunologic castration" of the male or by "immunologic spaying" of the female. There will be vaccines to prevent certain immune mediated hypersensitivity diseases (e.g., allergic inhalant dermatitis or flea allergy) and vaccines for various tumors. Vaccines to control or prevent unwanted or excessive weight gain and vaccines to increase or decrease certain hormone levels are even available or being developed. *These are just a few* of the types of vaccines that have already been tested or that are being developed and will soon be licensed.** Not only will there be many new vaccines, the methods of administration of the vaccines will change. Products that can be fed, products that can be **given once at an early age and released for months or years to stimulate an immune response as needed. Also products like DNA vaccines that can become integrated within the hosts' cells and possibly turned on and off with a specific substance placed in the water or feed** will be developed. **There is *no end* to the new products that exist now or will exist in the future nor the methods of delivery.** Many of these new products will be available over the counter for the pet owner to use, because injections won't be necessary. **Vaccination practices as we know them today will change, some for the better, others for the worse, but be assured they are changing and they will continue to change."**

Regarding Heartworm Medication:

One morning while letting Lady outside, I noticed that her eye was strange looking. This was back in the mid-80's during the month of **July** (while on heartworm preventive). This was many years ago, but my memories of this incident are vivid and still very disturbing. **The pupil of one eye was dilated** and her protective third eyelid was up, covering the lower-half of her eye. She **looked blind in one eye!** I had the vet examine her immediately. Drops were put into her eye, her eyelids were stretched and the eye was rinsed and wiped. It was of no use, Lady looked so sad but never indicated that she was in pain, just uncomfortable with that eye exam. My vet then referred me to a veterinary ophthalmologist.

This other vet, an eye specialist, examined Lady and told me that there was **nerve damage**, which could be anywhere along the extensive length of the nerve. He said that he could perform expensive exploratory surgery to determine where the damage was, but it may never be found. Even if he did find it, there was no guarantee that the surgery would restore her normal eyesight.

Poor Lady! Blind in one eye. When we went for walks and to the beach, people remarked: "Oh what a beautiful dog, too bad it's blind". A few months later it appeared that Lady's eye was getting better. In fact within a few months it had healed completely! At the time had I credited a friend with a hands-on healing. What I didn't know then was that *this weird eye condition is actually an adverse effect of the common heartworm drug, ivermectin*, the active ingredient in that monthly heartworm pill! I never made the connection of that Heartworm drug to that mysterious eye problem Lady had until 1997 - many years later!

In researching some of the information on Heartworm, I found out what happened to Lady. You can see from her photo on page 7 that Lady was part Collie. It is known that any dog can have an adverse reaction to the heartworm drug, but Collies and the related breeds, such as Shelties, Old English Sheepdogs, and Bearded Collies are particularly sensitive to the monthly drug: Ivermectin. As a matter of fact the warning is right in the monthly heartworm drug's package insert which says:

"When given at many times the recommended dose, ivermectin (the active ingredient in Heartguard-30) caused serious adverse reactions, including death, in certain dogs, particularly of the Collie breed."

It goes on to say:
" If unusual signs, such as dilated pupils, depression or a staggering gait are seen following treatment, contact your veterinarian right away."

But Lady did *NOT* get "many times the recommended dose" of the Heartworm drug. I found out that the medical term for the **pupil staying dilated is "Mydriasis": "a long-continued or excessive dilation of the pupil of the eye"** and the other is listed as **"Apparent Blindness which with time is reversible"**. These adverse reactions to the monthly heartworm drug are listed as "Ivermectin neurotoxicosis", which is a pathological condition to the brain and spinal cord **caused by the action of a poison (nerve damage).**

That was a terrible thing to have happen to my Angel, Lady. It was also very expensive to have her examined by my vet and then the specialist to whom I was referred. All that and not one word of encouragement, either.

Because of my ignorance Lady continued to get her annual booster shots, and other poisons: flea powder, flea collars and heartworm medication. She was itchy as fleas

were a problem. Her ears always had that black waxy material in them. Her coat was getting thin and she had several fatty tumors in her abdomen.

One **September** night (still given the heartworm preventive), a few years after that adverse reaction to her eye, I came home to find her almost unconscious. Her gums were white. Her abdomen was swollen. I thought she might be in shock and I was right. She was vomiting and had diarrhea, could hardly walk so I carried her outside to relieve herself. The vet said it was **a toxic reaction**. She wasn't improving at home and would hardly eat anything so she was admitted to the animal hospital. I telephoned the vet's twice a day to check on her. I insisted on visiting her but was only allowed there once in that week, as the staff said it was too disturbing for her. When they brought her out to me, she appeared very frail. I looked into those beautiful brown eyes. The message that I got from her then was: *she wants me to take her home with me.* I felt unsure, I wanted her to have the best possible care - "intensive care" at the vet's. I hugged and kissed her goodbye and watched helplessly as she was led away. Later that night I made the decision that if she wasn't better when I called them the next day, then she was coming home. I would make her last days as comfortable as possible. The next day, when I called, they told me she had died in her sleep. For me it truly was the saddest day of my life. Oh, how I wanted to have so much more time with her! But, I would not want her to ever suffer. She did suffer, though, but not for long. Lady's spirit was freed to the next world.

I will never forget that last time we saw each other. I *felt* her telling me to take her with me, that she really wanted to go home. She didn't want to be left at that place and I didn't honor her wishes. It was as though somehow my mind was overriding the truth which I felt. My intuitive sense was very clear - Lady expected me to come there and take her home, and I didn't. The path my head followed was false. As I reflect on it I feel that my "intellect" *deceived* me. Whether it was cultural conditioning about medical care that influenced my decision - I'm not sure. What I do know for certain is that **the path with the heart is the true one**. I was haunted by that scene for many years, overcome with tears and feeling guilty because I betrayed her trust.

Maybe I was afraid that that if something should happen, I wouldn't have been able give her emergency treatment. I was angry at myself for giving her all the chemicals, the commercial petfood, the heartworm drugs, and the booster vaccinations. Lady put up with it as long as she could. In her wisdom she knew better than I. She really wanted to be among her loved ones at home, even if it was only for the short time she had left. I wish I had listened to my heart instead of my head. It is my deepest regret, and one of the most powerful lessons: **To Thine Own Self Be True.**

I feel certain that there must be other animal guardians who have experienced similar situations. Lady, part Collie, had two obvious adverse reactions to her eye that are caused from the heartworm drug, yet I was never told about that nor was I advised to stop giving it to her. So, a few years after the mysterious eye problem, she has a severe toxic neurologic attack, with almost every symptom listed in the vet's manual, <u>including death</u>. To me, this is a senseless tragedy and I am now even more concerned about the chemicals and the adverse reactions of the drugs. I saw my BJ, a Maine Coon cat, seizure after using the flea product on him - which I bought at my vet's. He died at age 3 and I believe the annual booster vaccines caused his early death. My other Maine Coon cat, Mac, died at age 5, again those annual boosters were too much. Do we consider the consequences of the unknown and possible disastrous adverse reactions to exposure or ingestion of <u>*combinations*</u> *of drugs and chemicals encountered everyday as food and environmental factors*? These include: air pollution in home cleaning products, outgassing of toxins in wood and carpeting, additives/sprays in foods, impure water, and plastic feed bowls, to name only a few.

A few years ago I was feeling more and more uncomfortable about giving that monthly heartworm drug, to my dogs. I learned at one seminar that the drug used for heartworm is an immuno-suppressant. At another, it's linked to fertility problems and autoimmune disorders so we were advised that the plain, daily DEC heartworm preventive may be safer than the monthly product. The serious reactions are seizures, liver failure and deaths, more are detailed below.

According to the vets' "Bible",

Kirk's manual, Current Veterinary Therapy XII, pages 1142 - 1143, this drug, Ivermectin, is listed as *one* of the **Drugs that can induce CNS Depression [Central Nervous System - the Brain and Spinal Cord] Depression or Coma.** It can cause toxic reactions, especially *in Collies and perhaps other related breeds* by passing through the protective blood-brain barrier and adversely affecting the mammal's CNS.

The serious neurotoxic reactions to Ivermectin are:

- **Ataxia** - An inability to coodinate voluntary muscular movements.
- **Muscle Tremors** - Trembling or shaking.
- **Seizures** - A sudden attack, convulsion, abnormal violent shaking, involuntary uncontrolled contractions of muscles.
- **Disorientation** Confused, loses sense of time, place, or identity.
- **Mild to Severe Central Nervous System Depression** - Lowering the vitality or functional ability of the Brain and Spinal Cord.
- **Coma, which may be prolonged or proceed to cause Death** -

A state of profound unconsciousness, caused by disease, injury or poison.

Some dogs develop:

- **Mydriasis** - Long-continued or excessive dilatation of the pupil of the eye.
- **Decreased Menace Response** - Less able to respond to danger or threat of harm intended to be inflected.
- **Apparent Blindness which, with time is reversible.**
- **Vomiting**
- **Diarrhea**
- **Hyperthermia** - Exceptionally high fever especially when induced artificially.
- **Bradycardia** - Slow heart action.
- **Sinus Arrhythmia** - The cavity in the heart for venous blood, alteration in the rhythm of the heartbeat either in time or force.

Again, this is all from the Current Veterinary Therapy, the vet's "manual":

- ❑ **Dogs that develop clinical signs within 4 to 6 hours in ingesting Ivermectin often go on to develop Severe CNS depression and Coma.**
- ❑ **If the clinical signs develop 10 to 12 hours after injesting Ivermectin, then a more *mild* TOXIC syndrome develops.**
- ❑ **Ivermectin reactions related to microfilaricide therapy often evokes a shock-like reaction in affected dogs.**

Activated charcoal and a saline cathartic suggested if an animal has been recently exposed to ivermectin by the oral route.

Get your animal immediate medical treatment if you see a serious adverse reaction!

Ivermectin-poisoned animals do not show any lesions
(Lesions - an abnormal change in structure of an organ - Tumors).

The *other daily heartworm preventive drug,* ***DEC*** [Diethylcarbamazine] **may cause lesions**, according to an article published in Veterinary Medicine, 10/88, entitled "Investigating reports of adverse reactions to a DEC-OBZ anthelmintic [combination wormer]", page 1098:

- **Necropsy on a dog that was on DEC and died, revealed "multiple neoplastic lesions (tumors) in the liver and spleen.** One lesion had eroded a major blood vessel, causing intraperitioneal exsanguination [the membrane of the abdominal cavity was drained of blood] and death".

It goes on to discuss DEC-OBZ [diethylcarbamizine-oxibendazile]. This is a ***combination drug:*** heartworm preventive drug ***and*** a hookworm drug.

Some of the adverse reactions reports to DEC-OBZ, were drug-induced liver disease. "This result indicated that DEC-OBZ is capable of inducing hepatopathy [liver disease] in some dogs. It should be noted that the reactions were isolated and idiosyncratic (unpredictable [individual hypersensitivity to a drug], not related to dosage or duration of treatment, and not experimentally reproducible in the drug development studies). This distinction is critical, because the term idiosyncratic presupposes that an inherently nontoxic drug is a catalyst for a reaction due to a biologic anomaly in the host. In this respect, DEC-OBZ reactions are similar to those occurring in mebendazole [other wormer linked to liver disease]-treated dogs. The fact that mebendazole and OBZ are related compounds, and [as of 10/88] there are no hepatopathy reports for dogs treated with DEC alone, suggests OBZ is the idiosyncratic agent in such cases."

The signs of adverse reactions to the heartworm/hookworm drugs in dogs treated with DEC-OBZ:

- vomiting
- anorexia
- diarrhea
- depression
- jaundice
- weight loss
- elevated serum enzyme concentration
- **ascites** [accumulation of watery fluid in the spaces between the tissues and organs in the abdominal cavity - swollen abdomen]

Heartworm medication:

The incidence of adverse reactions may be under reported
to the manufacturer and the USDA,
so the true magnitude of the problem is unknown.

If your animal has had an adverse reaction to Heartworm Medication notify your vet and the USDA Biologics Hotline: 800/ 752-6255

It's advised to ***record the drug manufacturer's serial and lot number,***
so that if there is an adverse reaction, the important information will be available for reporting.
Some of the possible reactions and the specific instructions are previously detailed..

Some people are using Homeopathic Heartworm Nosodes instead of the drugs. My friend Mary Lenertz of the Collie Network has been using them for 8 years. Her 7 dogs and the rescues are tested and are free of Heartworm. She said that she sees lots of mosquitoes where she lives.

Some people are giving the daily pill instead of the monthly pill. A couple of years ago one the newsletters that I subscribed to had an article on Heartworm medication that was very, very interesting. During a discussion of the early days of the monthly drug for heartworm prevention, one vet told of his experience many years ago. He said that the manufacturer of that monthly drug, containing the active ingredient, ivermectin, marketed it by sending a "test kit" to every licensed vet in the US. Within a short time heartworm seemed epidemic. But the "test kit" had tiny pieces of plastic stuck to the glass slides which resembled heartworm under normal testing magnification. Much higher magnification revealed that it was not heartworm. Prior to receiving that "test kit" that vet had never actually seen any heartworm.

With my dogs, I believe the garlic that is in their fresh food with the raw, organic apple cider vinegar is working very well. The garlic is excellent nutrition, has sulfur compounds in it which repels fleas, and may act with the vinegar as an insect repellent for my dogs. There are some good, natural repellents at the Health Foods Stores, for humans and animals. Dr. Pitcarin suggests that when your animal will be outdoors to *combine one drop of eucalyptus oil diluted in one cup warm water* and rub it over the muzzle and into the area between the genitals (mosquitoes' favorite dining spots).

Also, I don't see very many mosquitoes at my home, plus I don't leave my dogs outside for extended periods of time (especially at dusk, evenings and mornings, when the female mosquito likes to eat!). Your area may be altogether different. Some areas do have a problem with heavy mosquito infestation. It's advisable to consult with holistic vet in your area for making your own *informed decision* - many are listed in the Resource Directory.

For the last few years my animals have been eating the natural diet with the garlic and I have not given my dogs any drug for heartworm. It's better to have them heartworm tested twice a year since they are not on a drug. I get them tested for heartworm for a nominal fee as it can be tagged on to their annual bloodwork for the CBC, and Thyroid Titers.

Needless to say, my cats do not get any heartworm drug either, they are also fed the fresh, wholesome and varied diet with the raw meat and just a bit less garlic than the dogs. Their eyes are clear and bright, their coats are glossy and thick, their energy levels are great.

Dr. Hamilton believes the plain daily DEC heartworm preventive can be given every other day. He said that there is a newer treatment for heartworm positive dogs that is an intramuscular (IM) injection and is better than the older one which is administered intravenously (IV) arsenic. He said that ivermectin can trigger autoimmune disease.

One autoimmune disease is Hemolytic anemia and as I mentioned before, it is a deadly serious disease. I have heard some horror stories from people who have seen it. A dear friend of mine, Anna Jones, has champion Irish Setters. Many of the people she knows have had some terrible experiences with their dogs. Anna is a gal who loves her dogs and I know why, they are beautiful - especially sweet Chloe. With her crew, Anna has lots interesting stories to tell. One of them follows on the next page.

Chloe and Ned are littermates. Back in 1991, when the pups were 7 months old, Anna wanted to have a preliminary hip x-ray done on them. She felt confident about bringing them to the nearby animal clinic because they had already received the series of "puppy shots". The distemper and parvo shots were given separately and were spaced well apart. So this means that the pups had already been vaccinated for pavro a total of 5 times.

Anna took both pups to a local animal clinic to have preliminary hip x-rays. A few days afterwards, Chloe started having severe vomiting and diarrhea. Anna rushed her to a different animal hospital and Chloe was diagnosed with parvo! A few days later Ned started having diarrhea and Anna rushed him to the hospital where Chloe was. He had parvo too! None of her other dogs got sick, just those two who had been at the local vet's clinic for the x-rays.

Chloe was hospitalized for 10 days. Ned for a week. The dogs lived.
The vet bill was astronomical, but the dogs' lives were saved.

Anna said that experience was a turning point in her life. What she had been through opened her eyes to the reality that there was a problem with vaccinations. She said that things got worse, though. Back then she was still feeding a commercial petfood *preserved with Ethoxyquin, and giving her dogs heartworm preventive.*

Another catastrophe followed later that same year:

She told me that she had always used the "daily" pill for heartworm prevention. The reason that she switched to Milbemycin , a monthly drug, is because it was *more convenient - easy-* and would also get rid of other intestinal parasites as well. She gave this drug to her dogs from June to November - just for 5 months and disaster struck.

Her dog, Allison, only 7 years of age, stopped eating and had a fever. Anna immediately brought her to the vet, suspecting a possible pyometra. Emergency exploratory surgery was performed and it revealed lymphosarcoma of the liver. She went downhill fast was euthanized within two weeks.

During this same time, her other dog, Sprigy, Allison's Dam, 10 ½ years old, had developed gastric torsion (bloat). She made it through the surgery. However; upon arriving home a few days later Anna saw that Sprigy's appetite never returned, and that her gums were white. She was rushed back to the animal hospital where she had the surgery a few days earlier. She was then diagnosed with autoimmune hemolytic anemia. Sprigy died that week.

Mother and daughter were dead within days of each other.

All of this forced Anna to take a more healthful approach to raising her dogs. The only book that she could find in those days was The Complete Herbal Handbook for the Dog and Cat by Juliette deBairacli Levy. Anna would *study* it, reading it over and over. Today, there are many resources available. She takes a more natural approach for heartworm. She utilizes all the modalities for healing, and consults with a holistic vet. She attends seminars and she feeds a more natural diet - with raw meats, vegetables and supplements.

WHAT A WORLD!

It's getting smaller and smaller. With more and more people accessing the internet, one would hope that information would be more and more easy to get. There seems to be a bit of a problem, though, so please read on.

I've read that there are over 1.5 million Americans having "heart attacks" each year. Last year my husband became a member of that huge group. He was lucky, as the statistics indicate that only about 20% or so survive the "cardiac event". That whole week was surrealistic and someday I'll share the experience. I did some research and found that most doctors in the world administer magnesium IV instead of the "high tech, high priced, big business" type of treatment here in the US. The details are in the book Encyclopedia of Nutritional Supplements by Michael T. Murray, ND, pg. 164, with the research studies listed in the back section of his book.

I found out about some of the natural therapies and with the help of a nutritionally oriented physician, my husband was able to eliminate all the drugs. I'd read all of the (4) pharmaceutical manufacturers' product inserts and nearly had an "event" myself – some of those prescriptions have many adverse reactions that are shocking - some said that the heart medication could cause a heart attack!

There are many good books available, I've only a sampling listed in the Resource Directory. Also, if you want to find a human doctor who utilizes all the healing modalities, please see the listing of Foundation for the Advancement of Innovative Medicine (FAIM), or the American College for Advancement in Medicine (ACAM) on page 91. After all, we have to stay healthy too!

Given the statistics of cardiovascular problems, I thought I'd pass along the following from Matthias Rath, MD, on the next two pages.

Reprinted with permission from Matthias Rath, MD,
author of Why Animals Don't Get Heart Attacks, But People Do to order: 800/624-2442 ($12.95 plus $4 S/H)

We, the People of the World, Declare the 21st Century

"The Century of Eradicating Heart Disease"

ONLY ONCE IN THE COURSE OF HUMAN EVENTS *comes the time when heart attacks, strokes and other cardiovascular conditions can be eradicated. This time is now. Just as the discovery that microorganisms are the cause of infectious diseases led to the control of infectious epidemics, so will the discovery that heart attacks and strokes are the result of long-term vitamin deficiencies lead to the control of the cardiovascular epidemic. Mankind can eradicate heart disease as a major cause of death and disability during the 21st century.*

ANIMALS DON'T GET HEART ATTACKS *because they produce vitamin C in their bodies which protects their blood vessel walls. In humans, unable to produce vitamin C, dietary vitamin deficiency weakens these walls. Cardiovascular disease is an early form of scurvy. Clinical studies document that optimum daily intake of vitamins and other essential nutrients halts and reverses coronary heart disease naturally. These essential nutrients supply vital bioenergy to millions of heart and blood vessel cells, thereby optimizing cardiovascular functions. Optimum supply of vitamins and other essential nutrients can prevent and help correct cardiovascular conditions naturally. Heart attacks, strokes, high blood pressure conditions, irregular heart beat, heart failure, circulatory problems in diabetes, and other cardiovascular problems will be essentially unknown in future generations.*

ERADICATING HEART DISEASE *is the next great goal uniting all mankind. The availability of vitamins and other essential nutrients needed to control the global cardiovascular epidemic is unlimited. The eradication of heart disease is dependent on one single factor: How fast can we spread the message that vitamins and other essential nutrients are the solution to the cardiovascular epidemic. The main hurdles we have to overcome are the interests of pharmaceutical companies and other special interest groups which are trying to block the spreading of this life-saving information in order to protect a global prescription drug market. But the health interests of millions of people are more important than the stock price of any drug company. We, the people of the world, recognize that we have to protect our health interest and that the eradication of heart disease is dependent upon our joint efforts.*

WE, PEOPLE OF ALL NATIONS, RACE AND RELIGION; *local, regional and national governments and other public and private organizations; health insurers, health maintenance organizations, hospitals, medical offices and other health care providers; churches, schools, businesses and other community groups, recognize our historic opportunity and responsibility to act now - for our generation and for all generations to come.*

- **We proclaim the 21st Century the "Century of Eradicating Heart Disease"**
- **We commit ourselves to spread information about the life-saving benefits of vitamins.**
- **We invite everyone to join us in winning one of the greatest victories of mankind -**

THE ERADICATION OF HEART DISEASE !

THE FIRST STEP TOWARDS THE ERADICATION OF HEART DISEASE IS FREE ACCESS TO VITAMINS WORLD-WIDE

Each year the pharmaceutical companies make one trillion dollars solely from world-wide sales of cardiovascular drugs. The natural control of the cardiovascular epidemic will lead to a collapse of this market and threatens the existence of this industry. In their struggle for survival the pharmaceutical industry has formed a Cartel aiming to block the world-wide spread of this life-saving information. This Cartel secretly met in Bonn, Germany, in October 1996 under the name 'Codex Alimentarius' Commission. With the support of the German Government and the United Nations' World Trade Organization, this 'Codex' Commission recommended:

1) to ban world-wide all information about the preventive and therapeutic health benefits in connection with vitamins, minerals, amino acids and other essential nutrients,
2) to outlaw fee access to essential nutrients which exceed the arbitrarily low dosage recommendations of the Pharma-Cartel,
3) to finalize these 'recommendations' at the next 'Codex' meeting in autumn 1998 and make them binding for all member countries of the United Nations,
4) to impose international trade sanctions upon nations which are not willing to implement these 'recommendations' into national laws.

In this situation millions of people world-wide have to protect their own health and lives against the interests of the Pharma-Cartel. World-wide free access to vitamins will be the first victory on our way towards the eradication of heart disease. We request from our own government and from the governments of all other countries to:

- **Abolish all barriers restricting free access to vitamins and other essential nutrients.**
- **Spread the life-saving information about health benefits of essential nutrients.**
- **Promote the eradication of heart disease by supporting vitamin research and by all other means available.**

With my signature I support the "Century of Eradicating Heart Disease" Declaration and the "Free Access to Vitamins Petition

Name / Organization	Address	Signature

We encourage you to sign the Declaration "Century of Eradicating Heart Disease" and the Petition "Free Access to Vitamins". Talk about this important matter with your family, friends, neighbors, colleagues and ask for their signature and support. Discuss this declaration and Petition at your workplace, school, church and introduce it to your health care provider, insurance company and to other organizations you are affiliated with; urge their support for these world-wide initiatives. Please send your signed support back to: Matthias Rath, MD, President, Health Now, 387 Ivy Street, San Francisco, CA 94102, USA or fax it to us at 650/ 851-9821. Health Now, will regularly publish the growing support for this world-wide initiative. We encourage you to circulate copies of these appeals.

(Page 2 of 2)

Plant-Based vs. Clumping Cat Litter

I stopped using that clumping and clay type litter box filler after reading a couple of magazine articles in two magazines: Natural Pet magazine Mar./Apr. '95, by Lisa Newman, ND, of Holistic Animal Care (Resources), and Tiger Tribe, Jan./Feb. '95 by Marina McInnis. Both articles detail the deadly consequences the authors experienced most likely as a result of using the clumping/clay type of kitty litter.

It is important to remember that the cats lick themselves and some dogs are known to "raid the litter box", and thereby ingest the clumping litter. The clumping-agent is said to swell to approximately 15 times its original volume and will wreak havoc on the intestinal tract of our feline (and canine) friends. It appears the kittens are most at risk. The chemical which is activated with moisture, is also in the dusty air, when cleaning and changing the litter box. This is air which we all inhale, and remember, we all have moisture in our bronchial tube and lungs.

The authors agree that the best alternative for a safe kitty litter is a plant-based litter. There are many good ones on the market. My personal preference is "Gentle Touch Products" (made from Aspen Tree Bark). It smells very fresh, lasts longer than most, and is biodegradable. I no longer use the "slotted-type" scooper, but an old big vegetable spoon (long handle) and it works very well. The wet litter is softened and darker, which makes it easier to identify and remove. The Gentle Touch Products Cat Litter is available from KV Vet Supply 800/ 423-8211 or to find a local distributor, call 402/ 371-3311. Another good brand is Feline Pine, available in most supermarkets.

New, And Safer Antifreeze:

The Hunterdon County NJ District S.P.C.A. Newsletter (Nov./Dec. '95) had an interesting article taken from the New York Times **regarding toxic antifreeze and animals. It says that *even a small amount* of that sweet-tasting, fluorescent green liquid is a deadly danger to pets**, and that wild animals die by the thousands each year from lapping it up. Animals drink it from puddles on the ground after it has leaked from cars or has been dumped illegally in streets, gutters, and parking lots. In addition, about 600 children under the age of six are exposed to antifreeze poisoning each year, according to the American Association of Poison Control Centers.

However, the good news is that the American Zoo and Aquarium Association started a national campaign, to get the word out about that sad fact, *and* that **there is a safer antifreeze available**. One of the brands is **Sierra,** produced by Safe Brands Corporation of Omaha, (it is made with propylene glycol instead of ethylene glycol which is a poison that attacks the kidneys). Fourteen zoos in the US will switch to the new, safer formula of antifreeze that they will use in their vehicles.

Careful Of The Plants:

Animal Poison Control Center 900/ 680-0000

New Jersey Poison Control 800 / 962 -1253 ***(# 2 for emergency)***

excerpt from GRREAT Newsletter - adapted from PT Moranimal News and material provided by the Edgewood-Joppatowne Veterinary Hospital, Edgewood, Maryland

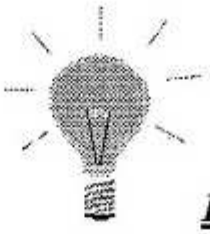
African violets	Eggplant*	Petunia	Tomato*
Amaryllis bulbs	English Ivy	Philodendron	Tulip bulbs
Boxwood	Eucalyptus	Potato*	Wisteria seeds
Caladium	Honeysuckle	Prayer Plant	
Dumbcane	Hydrangea	Primrose	

* denotes sprouts and green growth only

An Additional List (from Leaflet #1 of The Dog Owners Educational League, Inc.)
c/o Mrs. Billie McFadden, 20 Dogwood Dr., Flemington, NJ 08822

Autumn crocus----------Bulbs cause vomiting and nervous excitement.
Azaleas----------All parts of plant are fatal.
Bleeding Heart----------Foliage may be poisonous in large amounts.
Buttercups----------All parts have irritant juices which may severely injure the digestive system.
Castor bean----------Seeds are fatal. One or two castor bean seeds are near the lethal dose for adults.
Daffodil----------Bulbs cause nausea, vomiting, diarrhea. May be fatal.
Dutchman's Breeches-Foliage and roots may be poisonous in large amounts.
Elderberry----------All parts except berry. Children have been poisoned by using pieces of the pithy stems for blowguns. Nausea and digestive upset.
Foxglove----------Leaves are one of the sources of the drug digitalis. In large amounts causes irregular heartbeat and pulse, digestive upset and mental confusion. May be fatal.
Golden chain----------Bean-like capsule causes severe poisoning. Excitement, staggering, convulsions and coma. May be fatal.
Hyacinth----------Bulbs cause nausea, vomiting, diarrhea. May be fatal.
Iris----------Underground stems cause severe digestive upset but not usually serious.
Jack-in-the-pulpit-------All parts, especially roots contain small needle-like crystals of calcium oxalate that cause intense irritation and burning of the mouth and tongue.
Larkspur----------Young plant and seeds cause digestive upset, nervous excitement, depression. May be fatal.
Lily of the Valley-------Leaves and flowers cause irregular heart beat and pulse, usually accompanied by digestive upset and mental confusion.
Mistletoe----------Berries are fatal. Both children and adults have died from eating the berries.
Narcissus----------Bulbs cause nausea, vomiting, diarrhea. May be fatal.
Oleander----------Leaves and branches are extremely poisonous. Affects the heart, produces severe digestive upset and has caused death.
Poinsettia----------Leaves are fatal. One leaf can kill a child.
Rhubarb----------Leaf blade is fatal. Large amounts of raw or cooked leaves can cause convulsions, coma, followed rapidly by death.
Yew----------Berries and foliage are fatal. Foliage more toxic than berries. Death is usually sudden without warning symptoms.

Please see your physician immediately if any of these plants or flowers are taken internally. (The plants and flowers listed here only represent a partial list of the most common variety of flowers and plants found in the home or garden.)



Fleas Fleeing:

Because my dogs and cats are fed only home-made food, I don't have a problem with fleas anymore. The credit for making my animals flea-free really goes to the garlic and raw apple cider vinegar that I put into my recipe. I'd heard that fleas can't stand sulfur and according to Dr. Joseph E. Pizzorno, Jr., in the Nov./Dec. '97 Natural Health Magazine, garlic has sulfur compounds which enhances the body's immune cells, and builds resistance to viruses (among many other health benefits). I'd heard that some people get a sack of sulfur at the garden supply and spread it on their lawns to keep away the fleas. I'm not sure of the effects of that treatment, but I do know that the garlic in the food really works. Some folks are using "Kyolic" liquid garlic with good results.

A friend passed along to me her method of keeping the fleas away. She "powders" her dogs and cats with garlic on a cotton ball. If the animal then "grooms" his or herself, then it's even better, she says. Apparently this technique really repels the insects, too. She said that she prefers using garlic "flakes" rather than fresh garlic in the food mix.

Regular vacuuming is essential to be rid of fleas already present. The vacuum bag must be emptied after each use, put it in a bag, seal it, and place it in the trash. Using a fine-tooth comb on the pet (outside) as often as possible (daily) is very helpful. In the past I'd read that the fleas live mostly off the pet, now it seems that just the opposite is true. Therefore, bathe the pet fairly often to get rid of the fleas. Now, I learned at a recent seminar that the garlic takes about six months to reach the oil in the pet's fur, and if bathed more frequently than that, all the garlic in the fur oil is washed away! I add some essential oils to the shampoo anyway, just as a flea repellent.

One of the products which I've found to be very effective in the past is Precor 1%. It is an insect growth regulator (IGR), which doesn't kill the adult fleas, it just doesn't allow the eggs or larvae to hatch. I've found this in a few catalogs for around $10. It comes as a small vial and is to be mixed with water and sprayed throughout the house. One spraying is good for about 6 months, or so. Any shampooing of the carpeting or washing the floor will remove the spray.

Other products which work well are: Borateam or Borax (available at the supermarket in the detergent section) and Diatomaceous Earth. Vacuum first, then sprinkle where the pet spends any time. Last spring I bought BioFlea Halt, Indoor, and Outdoor types. This product contains little nematodes which feed on the flea eggs and larvae. I haven't used it yet, but other people I know have tried it and like how it works.

I stopped using those flea collars, dips and sprays with the very toxic chemicals in them. Many years ago, my Maine Coon cat, BJ, (who has passed on, at the age of 3!) had convulsions immediately after spraying him with a can of flea spray that I bought at my vet's office. It was horrifying. I have only used the safer products since then.

My tip for Nausea

Ginger is a wonderful herb and I always have various forms of it on hand. When this woozy feeling hits, I usually take a squirt of the liquid herbal extract with the dropper which is not very tasty but it works for me. The capsules can be taken as a preventive, before the nausea, for example, about an hour prior to a car ride, as the *last thing* I want to do is swallow fluids when I feel sick to my stomach. Women have told me it's great for morning sickness, too.

For my dogs, I've given them a small piece of the crystallized chunks which have sugar on the outside. They seem to feel better right away - they think it's a great treat!

If I think I've eaten some bad food, I take enzymes every hour and activated charcoal. The health foods stores usually have all these in stock.

Talk about "PILLS"!

Just a Suggestion:

Have you ever swallowed a capsule and experienced it getting stuck in your throat?

I have - and it is a *terrible* feeling! The soreness takes awhile to go away too. That seems to happen to me when I've forgotten to first take a few gulps of water to lubricate it well first.

When I give capsules to my dogs or cats, it's hidden in a hunk of something like meat or cottage cheese. Most of the time, I open it and sprinkle it on something they like, and the fishy-er it is - the better.

Have you ever tried to swallow a pill with your chin extended up?
Just pretend you have to swallow a pill.
Lift your chin up in the air. Try to swallow.

Next, tip your chin in a downward position. Try to swallow.

In what position do you want your animal's chin -
when you have to give him or her a pill?

When Something Stinks...and *It's the Dog (or Cat)!*

Uh oh! A skunk sprayed your dog or cat! The smell is obnoxious and overwhelming, and it can linger for quite some time. I keep a couple of products on hand - just in case.

★ **Orange TKO** 100% natural concentrate - made from oranges, it's an odor remover, cleaner, degreaser, and stain remover. Available from Prozyme Products 800/ 522-5537

★ **Odor Be Gone** non-toxic, biodegradable, safe for animals, humans, and environment. Call 215/ 321-9689 for the nearest distributor

★ **Nature's Miracle Skunk Odor Remover** available at most animal specialty shops.

Having a "Baffie"

Regular brushing and combing on a weekly basis eliminates most matting. My long-haired cats seem to get their fur matted occasionally. I've found a tool called "MATbreaker" which works well, and is available at most pet shops. It appears that the mats are very uncomfortable as the skin is pulled with movement. De-matting a little each day is less stressful, and prevention is the key. Prior to bathing, a good comb-out is important because otherwise much of that soon-to-be-loose fur will be still in their coat, the tub, all over the bathroom, your clothes, eyes, and nose - well, you get the picture. The final combing, once the fur is dry, will be a lot quicker and easier, too.

Unless there's been an encounter with a skunk or something, my dogs don't have an offensive odor. I attribute this to the fresh, home-made food that they eat. My cats are never bathed, but my dogs get bathed only a couple times a year. They love having a "baffie" and Paco always gets into a romantic mood afterwards, but Maggie's not interested and rebuffs his overtures. They are very energetic after having a bath and clearly seem to feel good about being groomed. In years past, I'd give my dogs and horses their baths and later that day see them roll in the dirt or with the dogs: something smelly. That doesn't happen anymore, and I think it's because the dog shampoo I now use is not "perfumey" also, it's *very* diluted.

Here's my method:

Warm up the bathroom a bit and keep the door closed the whole time so that the dog doesn't get chilled. A rubber mat in the tub help them get a firm grip to prevent slipping. Stop up the tub, and fill it about half full, using warm water, help the dog into the tub and use a plastic container to wet the dog completely (recycled 2-quart yogurt container comes in handy for this). I get right in the bathtub and massage him or her with very diluted all-natural shampoo made for dogs or castile shampoo (Dr. Bronner's), except for the head - I use a "no tears" type. I add a little lavender essential oil to the shampoo, as it seems to relax us and repel insects too.

Shampoo the body first but before rinsing: wet, and then shampoo the head. Immediately rinse the head well, using warm water and be careful that it doesn't go into the ears. Before continuing to rinse the rest of the body, towel-blot their eyes and ears. All the while, make it fun, telling them what a g-o-o-d dog she is.

Insert the "hair catcher screen" then let the water start to drain. Next, begin the rinsing with that plastic container, and when the soap seems to be pretty well gone, use the hose attachment to rinse, rinse, rinse, with warm water during which time the tub is filling up again. When it's sort of full, I have the dog "take a swim" to get out all of the soap. The most important thing to remember is to rinse, rinse, rinse! My shower fixture has the hose-type attachment which extends far enough to reach the whole dog. If any soap is left on the dog, the itching will be intense. A very good rinse to use is made with the herb, Rosemary, available at most health foods stores. The Rosemary Oil from Alexandra Avery is another good product for conditioning the skin. In the past I have tried the "leave-on" rinse of diluted organic, raw, apple cider vinegar and it does seem to help relieve the dog's itchiness. I've also read that it helps speed hair growth.

The towels are on hand and I use about six of them, with a few spread on the floor and then towel-dry the wet dog thoroughly. Absorbing as much water as possible will shorten the blow-dry time. I really like the Oster dryer on a stand as it is much quieter than most others yet very powerful with several temperature settings. I bought a different manufacturer's plastic extension hose and attached it with duct tape to blow-dry them on the floor, using my hand as the "comb". Later on I brush them out.

Now that they're clean, it's a good idea to do the nails and ears - next topic... but at this point I'm usually soaked so I usually bathe the next dog while I'm at it and start the whole routine all over again. By the time they're all squeaky clean, *I'm* the one who needs a Baffie!

PS. I never trim off my animal's whiskers. They are there for good reasons, one is that they can feel their way in the darkness and another is to help them judge distance i.e. to their food and water bowls.

OH NO!!! NOT THOSE *HORRIBLE* NAIL CLIPPERS!!!

Have you ever cut your dog's toenail too short and it bled? Yee ow! That hurts! I have done that and my dog has never forgotten it. What a terrible experience in trying to get those nails clipped. No more torture! I've found a wonderful alternative which you might like to try, too. Many years ago I watched as someone demonstrated what I call "the whirling emery board" which is sold as "The Pet Nail Groomer" made by Oster. I got mine in the cordless model from Cherrybrook (catalog in the Resources Section), it was the best $45 I've probably ever spent.

It's very helpful to introduce this unfamiliar "vibrating" thing to them before just trying to trim the nails. I have a cordless "Body Mate" massager and found that the dogs love being massaged with it. So when I approached them with the nail groomer, they were curious but not afraid.

I also trim the long fur on the bottom of the pads of their paws so they'll have a better grip on the floor. Trimming that long fur on the pads is especially helpful in preventing those "ice balls" from developing in their pads from the snow in the winter time. I've found that rounded ended scissors are the safest. Doing their feet every two to three weeks keeps the nails from getting too long and is also a way to prevent problems, as checking in between the toes for burrs etc. is done at that time. I usually do the ears at the same time, too. My favorite cleaner is from Noah's Kingdom, which I'm told can double as an aftershave!

When my dogs were pups, I trimmed the cats' nails to be on the safe side. A useful item to have on hand are the special cat nail "scissors" and "The Cat Sack" which many catalogs sell (see Resource Directory).

Please note: if the nails are really long, only trim a little at a time. You will need to trim more often in order to get the nail shorter. It took about 6 months for my dog's nails to get to the (now) short length.

Also, the nail groomer heats up quite a bit, so that's why I only trim one side of each nail at a time. You can test this out, yourself, as I've used it to trim the calluses on my feet - on the "low" setting!

Here's my method (which has taken me years to perfect), firmly grasp the paw, and push the nail out so that it's fully extended and:

1) Trim one side of the end of each nail
2) Trim the other side the end of each nail
3) Trim the (now) pointed end of each nail - but not too short
4) Smooth any rough areas - round them off
5) Give your pal a treat (catnip for the cats!) – makes each session easier!

Flower Essences such as Rescue Remedy are very helpful if your dog or cat is afraid (follows the section on ear treatment).

Ear Cleaning / Treatment

My dogs come and sit by my side when I hold up a Q-tip, as they love to have their ears cleaned (about once a month or so). When cleaning my dogs' and cats' ears, I like to use Noah's Kingdom ear cleaning solution (warmed) and sprinkle it on a few Q-tips. ***The Q-tip only goes into the ear as far as I can see, and I am very careful not to allow anything to go back into the ear canal.***

Fortunately, my dogs and cats have not have ear problems. However for those folks whose dogs do need special ear treatment, the following information may prove useful to others. Many thanks to Barbara Robrect of Middlesex, NJ, who recently told me about an excellent ear treatment for dogs. Her friend, Maryann Howarth of Melange Poodles in Jackson, NJ, sent the instructions to me. The formula has been handed down from a wonderful veterinarian, now deceased. Maryann, Barbara, and other devotees have found it also effective for cuts, fungus between toes, and small tumor-like cysts, but must be done faithfully as instructed. I would remind you that the ears are very sensitive and your dog may appreciate having it warmed up a bit. I've found that the best way to warm up a solution is to place it in a cup or glass of very warm water for about a half hour or so.

"Blue Power Ear Treatment" INGREDIENTS: 16 Oz. Isopropyl Alcohol
4 Tablespoons Boric Acid Powder
16 Drops Gentian Violet Solution 1%

Mix together in alcohol bottle and shake well. You will also need to shake solution every time you use it to disperse the Boric Acid Powder. To use, purchase the "Clairol" type plastic bottle to dispense solution to affected ears.

TREATMENT: Evaluate condition of ears before treating and if very inflamed an sore do not attempt to pull hair or clean out ear at all. Wait until inflammation has subsided which will be about 2 days.

Shake the bottle each time before using. Flood the ear with solution (gently squirt bottle), massage gently to the count of 60, wipe with a tissue. Flood again on first treatment, wipe with a tissue, and leave alone without massage. The dog will shake out the excess which can be wiped with a tissue, the Gentian Violet does stain fabrics.

The SCHEDULE of treatment is as follows:

Treat 2x per day for the first week to two weeks depending upon severity of ears
Treat 1x per day for the next 1-2 weeks
Treat 1x per month (or even less frequently, depending on the dog)

All of these ingredients should be available at a pharmacy. Maryann and the others have found that despite the alcohol, the dog will not object to even the first treatment. The Boric Acid Powder soothes the ear. The Gentian Violet Solution is an ant-infection agent. The solution appears to work well on any and all ear problems from mites to wax to canker. After the 2nd or 3rd day you can clean out the ear with a Q-tip or cotton balls. Their success rate for this treatment is 95-99%. Those who do not succeed have usually not done the treatment long enough or have not been regular about it. Dogs on the verge of ear canal surgery have been returned to normal with only the regular follow-up treatment to keep the ear healthy. If an infection seems to be remaining in the treated ear after the above course of treatment, you may also have some Pseudomonas bacteria in the site. This can be eradicated by using a gentle flush of raw apple cider vinegar and water (warm). Use 2 Tablespoons of vinegar to one cup of water, 2 x per week.

They have found the Blue Power Solution to be effective for treating fungus-type infections on the feet and elsewhere on the dog, for cuts on dogs or people, and for hot spots. You may find other uses for this simple anti-infective agent. Remember it is for external use only and be careful not to get into the eyes.

Flower Essence Therapy

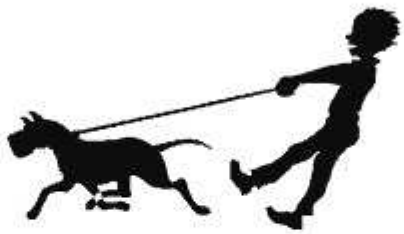
This is another complementary treatment I've utilized, primarily for the emotional part of myself and animals. The point is that the animals are much closer physically to the flowers and respond to the vibrational energy of them. It really does work! Many people are familiar with "Rescue Remedy" by Bach Flower Remedies, but there are others, too. Green Hope Farm has formulas that are alcohol-free, some are from flowers in Bermuda and has a wonderful Guide book which is inexpensive and explains everything (see Resources Section).

For a short while I worked part-time as a pet sitter. One family had a sweet German Shepherd, I'll call "Sam" and a couple of horses. The mom mentioned that when they had left on previous vacations, Sam would get depressed and not eat. I asked if I could give him some flower essences and treats when visiting and she consented.

I visited them at supper time and a different gal cared for them in the morning. Sure enough, Sam was very sad and wouldn't eat anything except the treats of turkey breast that I hand fed him. The second day without really eating, was my third visit and he was still beside himself with apparent "people-sickness" in other words, he missed his humans so much that nothing really mattered to him, including food. That night I came prepared and splashed a few drops of Honeysuckle and Walnut Flower Essences into his food and water.

The next morning, the other gal's note had me smiling, she said that Sam's spirits were lifted and he ate his breakfast - glad to see him back to his 'ol self. There was no "placebo effect". I kept giving him the flower essences every evening and he was fine.

There are lots of different flower essences and each one has a particular benefit. Unlike pharmaceuticals, flower essence is a gentle, non-invasive alternative therapy which more and more vets are being trained to utilize. The essences are said to be most effective when shaken vertically. Take a look in the Publications Section for the books on Flower Essences.



Exercise - why I like those halters and limit the "Frisbees":

Walking them and walking ourselves - good for both of us!

I found that when Danny Boy came along, my entire routine of taking the dogs for a little walk became a real aggravation! Taking two dogs and leaving one at home was too upsetting for the one left alone. Then I tried just walking one at a time, which was OK because the two left at home had each other for company, however, I ended up walking three times as much and it took up quite a bit of time, too. So I thought I'd share with you what I've found to be the most practical way to walk the three dogs all at the same time.

I bought three different color retractable leads ("Flexi" type), also available in different lengths and strengths. This way the dogs and I weren't tripping over the lead and I didn't have to constantly shorten or lengthen it. I found that if I attached the leads to their collars, they would slip down on the side of their necks and with just a bit of slack in the lead, we'd all be tripping over the leads again.

So I bought three different colored nylon halters with the loop for the lead on top of the dog's back. They are also available in different sizes and this set-up works very well. From time to time I still have to reverse the order of the handles as one dog will switch to the other side occasionally, but it makes our walks so much more enjoyable!

Also, when I was training my pups not to pull when walking, I bought the humane "no-pull halter" which has straps that press under their front "armpits" if they pull and it works. I am hesitant to use anything which would put pressure on their necks. Just with everyday play something can get out of whack, so they get their chiropractic adjustments regularly.

Another hint: I figured that I wouldn't like to have the constant rattle sound of those tags, and my dogs probably don't care for it either, so I just clipped them together with a big paper clip and secured it with scotch tape.

I've seen my dogs leap for the flying "frisbee" and once Maggie was limping afterwards. She got an adjustment at her chiropractors and ever since, I limit the playtime with those, and don't toss it so high.

Important:
One of the *best* things for peace of mind and a sense of security that I've done is to fence in my backyard. Not only does it make life easier as the dogs can just let out the back door, but they have their own "territory" to play and section for elimination.

Traditional Herbal Therapy

Herbs are the Traditional Medicine. The quality of the herbs is very important and I prefer the organic, wild-harvested type. Utilizing herbs is another natural treatment and I keep many on hand, *especially* for keeping the immune system supported. An introduction to understanding more about herbs was sent to me by an Herbalist, Mary Wulff-Tilford of Animals' Apothecary, from her guide on herbs, Herbal Remedies for Dogs and Cats, reprinted here with her kind permission.

Using Herbs Naturally

Old ways die hard --- especially if we have been raised with them. In our society, mainstream approaches to health maintenance focus on symptomatic intervention with disease. Typically, when a person or animal gets sick, the conventional practitioner works to identify and suppress uncomfortable or unsightly symptoms in order to achieve immediate results. As children, most of us are taught time and again to confront fever with aspirin -- dandruff with shampoos -- and constipation with laxatives.

But what about the *causes* of these discomforts? Are we really taking a curative approach toward a fever without recognizing its origin an its purpose? *Why* do we have dandruff anyway? *Why* are our animals suffering chronic constipation? These are questions that are addressed by the holistic herbalist; one who looks at the body as an entire intricately-balanced biocommunity of countless organs, chemicals, micro-organisms and life energies. From a holistic perspective, the herbalist realizes that all body functions are interdependent -- and that physical or emotional discomforts to do not represent the totality of a health crisis. Instead, he or she recognizes symptoms as the body's way of conveying an underlying imbalance; a state of "dis-ease". Still, it's hard for any of us to step away from such strong predisposition, as evidenced by millions of people who search out natural alternatives, only to treat dandruff with herbal shampoos, or arthritis with herbs that confront discomfort, but not cause – such as yucca or licorice. Many of these people find that the natural products they are using do not yield the quick-fix results they are used to, and they quickly become discouraged. Eventually these people abandon herbs, homeopathy, supplements, and flower essences in favor of their old "brand-x". Is it because natural medicines don't work? Certainly not! The problems that lead to frustration in many herb consumers stem not from the quality or effectiveness of the products they are employing, but from the principles by which they are used.

Many herbs will work quite well at bringing about symptomatic relief. After all, about 80% of modern mainstream medicine is from a botanical origin. But, when herbs are used in an allopathic [conventional western medicine] capacity, their greatest healing gifts are not employed. When using herbs, a curative approach is incomplete in absence of holistic perspective, and in the aforementioned examples, yucca and licorice are being used as nothing more than just another over -the-counter, band-aid remedy.

The key to accessing the full potential of herbal medicine rests in how well we can embrace a holistic perspective of the natural healing process. For most of us this means putting old predisposition aside, revving up some imagination, and engaging in some open-minded observation. We don't need bioscience degrees to embrace the principles of effective herbalism, but we must learn to identify good health, and we must learn to recognize subtle changes in the subject we are treating.

In holistic medicine, "good health' is viewed as the maintenance of proper balance within a complex, finely tuned system. All elements of the mind, body, and spirit must be maintained at optimum levels of cooperative efficiency if the healing process is to occur, and we must realize that if any element of the collective whole fails at its job, an imbalance (dis-ease) will result. To accomplish this, a proactive approach toward health and well-being is an absolute necessity, and proper diet is needed as the foundation from which to base our holistic efforts of assisting the body at what it is designed to do best: *heal itself.*

Animal Communication

What is it?

More precisely, it's communication between humans and animals. Communication is an exchange of feeling, thoughts, and ideas. It is how we express who we are and what we believe. In Animal Communication, this exchange between species is accomplished by telepathically connecting with another being. Telepathic communication knows no time or space so that it is possible to communicate with animal beings even if they are not in your presence or have passed on into the spiritual realm.

We are all electrical beings so what the communicator is doing is "tuning into" the animal's frequency. It is important to note that ***all beings are telepathic*** and capable of this type of communication. The only difference between communicators and non-communicators is that the communicator has learned to develop her or his ability to "tune-in" and the non-communicator has not learned to do this.

Our ability to "tune in" is a gift that is our birthright. There are many good books and instructors available to help us develop this gift. The animals with whom we share our lives and others living on the earth at present have a wealth of information and are trying desperately to teach us. It's time to start listening!

Who is an Animal Communicator?

This is someone who speaks "mind-to-mind" with an animal. There is an exchange of thoughts between the beings and then the communicator will translate into words the information that she or he has received from the animal. The information received may be in the form of thoughts, feelings, sensations, "gut-instinct", pictures, scenes, words, or messages.

The communicator's task is to translate the information received into the language which is understandable to both the animal and human. Verbal exchange via human's words can be very limiting in attempting to translate the conveyed expression received from an animal. Many animals understand messages better in "picture form".

Each communicator has her or his own style and method for obtaining and translating this exchange of information. Some prefer to work with photos, others with letters, some will just need the name of the animal as the unseen bond of love will be all that is necessary.

How To Choose an Animal Communicator

As the vibrational energy of this planet changes and our consciousness expands, more and more people are seeking out animal communicators. What would someone look for in deciding whom to call? Referral by a friend or a holistic vet is a good place to start. You may want to call and interview several communicators before making an appointment for a session. Be advised that many communicators who have a full schedule may be very limited in the time that is available to you. There are some new communicators who are very accurate and can allow for more time.

It's very important to **Trust Your Own Instincts**! A "true skeptic" once remarked that he was not really sure about this animal communication technique, but he had actually witnessed marvelous results with his animals and had also been aware of a sense of peace and tranquility when he was speaking with the communicator. You, too, should feel that sense of trust and serenity when you speak with the communicator you've selected.

What to expect, and Getting What You Want

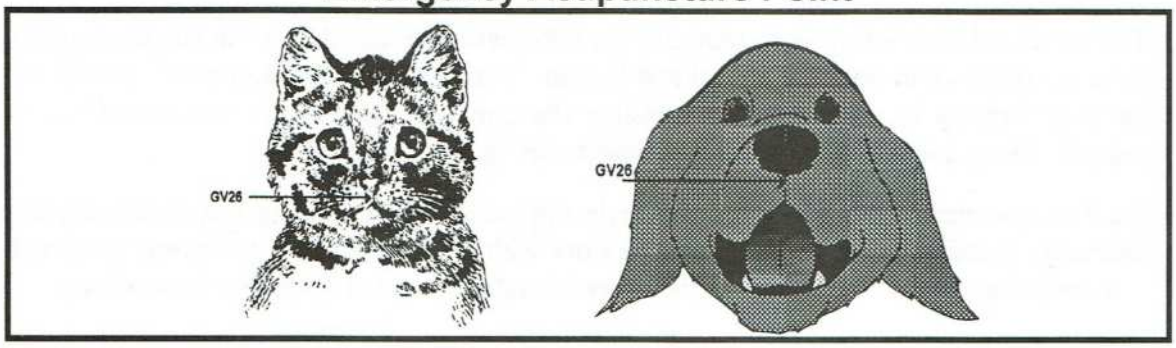
Most communicators work via the telephone. Some occasionally will do a home visit upon request. The fee varies, usually averaging around $50 for a half an hour and the home visit will be higher, of course.

You will be asked to call at a designated appointment time. If the communicator works from a photo, you will be asked to mail it ahead of time. Some communicators will allow you to record the consultation, and be sure to discuss this when scheduling the appointment.

Make a list of questions that you would like to ask prior to calling. Make arrangements so that your session is not interrupted. Relax and have fun! First-time callers are frequently nervous and not sure what the messages are going to be. That's only natural. Our animals are very loving and forgiving - they want so much to talk with us! The primary benefit of the session is an enhanced relationship between you and your companion animal. "Through the Eyes of Each Being You See A Whole New World". Enjoy the new view!

Many thanks to Susan Marino, RN who is listed in the Resources Section, for sending me the article. (Edited by Helen L. McKinnon).

Emergency Acupuncture Point



From Dr. Schoen's Book, Love Miracles and Animal Healing:

"As I mentioned earlier, if you and your pet were stranded on a deserted island where there were no veterinary facilities, one of the acupoints I would want you to know is: 'Governing Vessel 26' or GV26. If you know where GV26 is located, **centered just below the nose and above the upper lip** you'll be in a position to hasten the recovery of a pet that has gone into cardiac arrest or a state of shock.

A series of sharp jabs at this acupoint with your fingernail or with a needle will stimulate the body's production of the fight or flight adrenaline (also called epinephrine), and the chances will improve that the animal revives. *A word of warning:* You should **never stimulate this point on a conscious animal** or you risk getting a nasty bite. You may however, use it on newborn pups that are having difficulty breathing."

Along with heart touching stories, Dr. Schoen instructs us on five additional essential acupoints in his wonderful book. It's one of my favorites.

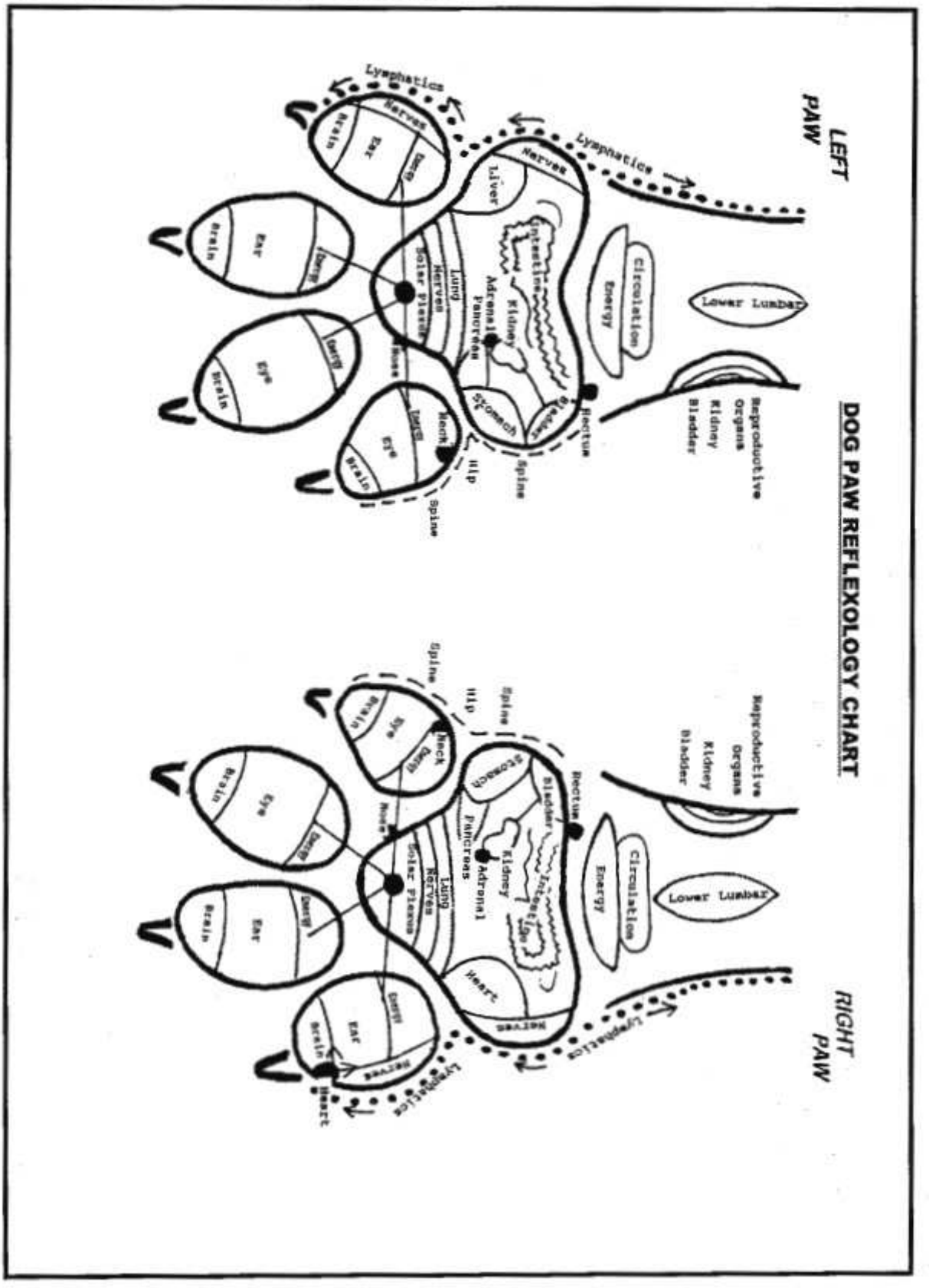
Acupuncture is an ancient method of healing. In the Journal of the American Holistic Veterinary Medical Association August-October, 1997, Deborah C. Mallu, DVM, gave a rave review of Dr. Schoen's presentation at the Association's Conference. She gives a brief explanation of basics of acupuncture, and here is part of it: "Qi (pronounced chee) is the life energy force: it is what makes the difference between you and a cadaver. Qi is also w in other modalities as Prauna, life force, vital force, etc. Qi flows through the meridians and is divided into Yin and Yang Balance equals homeostasis and health. When out of balance there is ill health." Further on she says, " The acupuncture needle creates local inflammation and a release of chemotactic factors that secondarily effect the muscles, disburse pain or stimulate endorphins and their release affecting physiology, metabolism, mood and emotions.

Dr. Mallu says, "Acupuncture helps to bridge the gap between medicine and surgery. The future is to balance acupuncture with allopathic (conventional Western) medicine, not replace your practice with acupuncture". She also gives a succinct explanation of holistic medicine: "The holistic approach is the marriage of all modalities that help the patient heal".

At the 3rd Annual Midwest Holistic Veterinary Conference in Madison, WI, November 1-2, 1997, Deborah Mitchell, DVM, MS gave an excellent presentation on Veterinary Acupuncture. She said that she has not had to do one Cesarean section since she started utilizing acupuncture.

Personally, I have had acupuncture to treat the after effects of a car accident, It was enormously helpful, along with myotherapy, chiropractic and physical therapy. Always ask if the practitioner is certified in veterinary acupuncture and chiropractic.

Reflexology is another healing modality. A brief definition is that by applying pressure, as in deep masage, to certain areas it can stimulate the body to heal. There are several books on this topic in the Publications List of the Resources Section. This treatment has been of great benefit to me.



Resource Directory

- ❑ People Helping Animals (Donations List)
- ❑ Associations for Complementary and Alternative Veterinary Medicine
- ❑ Some Holistic Veterinary Consultants
- ❑ Chiropractic for Animals
- ❑ Other Health Related Organizations
- ❑ Animal Care Practitioners and Consultants
- ❑ Some Favorite Publications
  - Journals, Newsletters, Magazines
    - Books
      - Health, Dogs, Cats, Training, Animal Communication, Horses, Flower Essences, Homeopathy, Legal Issues, Volunteering, General, Women, Bereavement

- ❑ Some Favorite Products
- ❑ Miscellaneous
- ❑ Some Favorite Catalogs
- ❑ Internet Information

People Helping Animals and Visa Versa!

"Bless their hearts!" ... as my mom used to say.

To follow is just a sampling ---
and may be a useful list when you want to make your annual charitable tax donations
(all donations are tax-deductible and gratefully acknowledged).

Collie Network 978/ 456-8473
PO Box 45, Harvard, MA 01451 Dedicated volunteers doing "Heaven's Work". A placement service for Collies. Occasionally sponsors great Seminars on natural care.

Hemopet 714/ 252-8455 *(fax: 0224)*
17672-A Cowan, Suite 300, Irvine, CA 92714 Non-profit Animal Blood Bank.

Alternative Solutions to Animal Health, Inc.
400 Smith Ridge Rd., So. Salem, NY 10590. Founded by Dr. Marty Goldstein (see Resources Section) and the objectives include research into cancer and other chronic degenerative diseases in animals, and establishing a specialty degree in alternative veterinary medicine - - plus many others!! Thank you Dr. Marty!!

Lend A Paw Relief Organization 703/ 706-3003
PO Box 4864, Falls Church, VA 22044

Golden Retriever Rescue of New Jersey 732/ 870-6253 or 732/ 842-0289
124 Avenue of Two Rivers, Rumson, NJ 07760. Membership dues $20, has a quarterly newsletter, dedicated, wonderful folks who are helping needy dogs. These people are really in need of support and foster homes.

Best Friends Animal Sanctuary 801/ 644-2001
Kanab, Utah, 84741-5020 The largest no-kill sanctuary in the United States.

Continued on the next page

Continued from the previous page

People Helping Animals and Visa Versa!

Long Island Golden Retriever Rescue 516/ 581-7890 or 516/665-1565
Also has helped other breeds - great people doing great work!

Canine Companions for Independence 800/ 767-BARK
PO Box 446, Santa Rosa, CA 95402-0446
Specially trained dogs for people with disabilities

Therapy Dogs International 201/543-0888 e-mail: tdi@gti.net
Dogs helping People! TDI, Inc., 6 Hilltop Road, Mendham, NJ 07945

International Primate Protection League (IPPL)
PO Box 766 Summerville, SC 29484 Membership / subscribe to IPPL News $20.

World Society for the Protection of Animals (WSPA) 617/ 522-7000
29 Perkins St., PO Box 190, Boston, MA 02130
"Dedicated to Protecting All Species of Animals." If you saw the article in People Magazine (10/13/97), of the poor animals left behind from the volcano, and the tragic consequences, the people of this organization rescued them. God Bless You All!

Pet Savers Foundation, Inc.
14 Vanderventer Ave., Port Washington, NY 10050

Delaware Valley Golden Retriever Rescue 610/ 678-4981
PO Box 2321 Sinking Spring, PA 19608-0321. Has a quarterly newsletter.

Golden Retriever Rescue, Education & Training, Inc. (GRREAT) 703/ 620-6593
(Maryland, Virginia, and the District of Columbia, and parts of Pennsylvania and Delaware), PO Box 3069, Falls Church, VA 22043-0069 has a quarterly newsletter.

Friends of Animals
777 Post Rd., Suite 205, Darien, CT 06820

Spring Farm Cares 315/ 737-9339
3364 Rte. 12, Clinton, NY 13323 Animal refuge – a wonderful place.

The American Society for the Prevention of Cruelty to Animals
Membership Service Center, CN 2042, Toms River, NJ 08754-9925

Humane Society of the United States
2100 L St., NW, Washington, DC 20037-1598 Animal Protection.

Morris Animal Foundation 800/243-2345
45 Inverness Dr. E., Englewood, CO 80112-5480

Federation of International Canine 205/ 284-4401

Hacienda de los MILAGROS, INC. 520/ 636-5348
3731 North Road One West, Chino Valley, AZ 86323 e-mail: milagro@northlink.com
Non-profit Animal Rescue and Sanctuary. Rescued abused horses and saved many burros from being shot.

Long Island Parrot Society Rescue 516/ 957-1100
PO Box 2754, No. Babylon, NY 11703 Call for lost/found/sighted birds, helps rescue and place birds.

Associations for Complementary and Alternative Veterinary Medicine with Some Holistic Veterinary Consultants

- American Holistic Veterinary Medical Association (AHVMA) 410/ 569-0795
2214 Old Emmorton Rd., Bel Air, MD 21015 One can call (or *fax: 410/ 515-7774*)
"The purpose of AHVMA is to function as a forum for the exploration of alternative (complementary) areas of health care, other than acupuncture, in veterinary medicine. " Call or write, sending a SASE, include area code, for a list of the vets who are members in one's local area. Also has for purchase, books and audio tapes of talks. Subscription to the informative quarterly Journal is $65. Has a "Holistic Advancement Fund" where contributions from caring pet owners and pet memorials from veterinarians are placed. The Grants Review Committee and the Board of Directors then allocate grants for veterinary student scholarship, humane clinical and scientific research projects that further the goals of holistic veterinary medicine to the benefit and welfare of our animal companions.

- Midwest Holistic Veterinarian Medical Association 608/255-1239
Mike Kohn, DVM, 1014 Williamson St., Madison, WI 53703 Has an Annual Conference.

- Great Lakes Holistic Veterinary Medical Assoc. 847/ 891-8944
Dr. Mitchell, 2237 West Schamburg, IL 60194

- Rocky Mountain Holistic Veterinary Medical Association 303/ 693-9314
David B.Y. Fong, Pres. PO Box 440410, Aurora, CO 80044 Has a Newsletter.

- Georgia Holistic Veterinary Medical Association 770/ 516-5954

- Center for Veterinary Acupuncture 800/ 680-2282
Maria Glinski, DVM, 1405 W. Silver Spring Dr., Glendale, WI 53209
To receive a list of specialists in your area, send a SASE.

- International Veterinary Acupuncture Society (IVAS) 303/ 258-3767 *(fax: 0767)*
PO Box 2074, Nederland, CO 80466-2074 For information send a SASE.

- American Veterinary Chiropractic Association 309/ 658-2920 *(fax: 2622)*
623 Main, Hillsdale, IL 61257 For information/specialists in your area, call or send a SASE with your area code. My dogs, cats and horses have had adjustments with excellent results! Lay people can join as "Friends of the AVCA" for $35 membership dues and receive the newsletter.

- Veterinary Institute for Therapeutic Alternatives (VITA) 860/ 354-2287
Allen M. Schoen, DVM, MS, 15 Sunset Terrace, Sherman, CT 06784
Send a SASE for information on seminars and specialists in your locale.

- Veterinary Homeopathy: Animal Natural Health Center,
1283 Lincoln St., Eugene, OR 97410. For information/specialists in your area, send a SASE.

- International Association for Veterinary Homeopathy 770/ 516-5954
e-mail: swynn@emory.edu For info. send SASE to 334 Knollwood Ln., Woodstock, GA 30188

- American Veterinary Dental Society 208/ 344-0194
708 S. Owyhee, Boise, ID 83705 *(fax: 7333)*

- American Association of Veterinarians for Animal Rights 707/ 451-1391
PO Box 6269, Vacaville, CA 95696-6269, e-mail: avar@igc.apc.org

- American Association of Equine Practitioners 606/ 233-0147

- Association of Avian Veterinarians 407/ 393-8901

Some Holistic Veterinary Consultants:

The veterinarians listed here were recommended by their clients. If you think your vet should be included, please contact me - the inside of the back cover has all the information.

- Harold Alterman, VMD, CVA 703/ 823-5646 (VA)
Small animal, specializing in and Certified in Acupuncture, housecalls for MD, VA & DC

- Ihor Basko, DVM 808/ 828-1330 (Hawaii)
Small Animal, Equine, Farm. Specializing in Acupuncture, Flower Essences, Homeopathy, Nutrition, Color Therapy, Conventional Medicine, Glandular Therapy, Chinese and Western Herbs, and Laser Therapy Massage, member of AHVMA.

- Susan Beal, DVM Big Run Healing Center 814/ 427- 5004 (PA)
Specializing in Classical Homeopathy, Acupumcture, Chiropractic and Nutritional Consultations, member of AHVMA

- Wendell O. Belfield, DVM Orthomolecular Specialties 408/ 227-9334 (CA)
Has his own formulations for supplements.

- Edward Beltran, BVM, PhD, MRCVS Blair Animal Hospital 613/ 746-2443(Canada)
Specializing in Acupuncture and cancer.

- Larry A. Bernstein, VMD Natural Holistic Pet Care 305/ 652-5372 (FL)
http://www.HolisticVet.com/core.html Small animal, Avian, Exotic, specializes in Acupuncture, Flower Essences, Chinese and Western Herbs, Chiropractic, Nutrition, and Homeopathy. Member of AHVMA

- Carolyn S. Blakey, DVM 765/ 966-0015 (Richmond, IN)
Specializes in Acupuncture, Flower Remedies, Nutrition, Conventional Medicine, Glandular Therapies, Homeopathy, and Western Herbs

- B. Dee Blanco, DVM 505/ 986-3434 (NM)
Small Animal, specializing in Acupuncture, Flower Remedies, Nutrition, Glandular Therapies, Homeopathy, and Western Herbs. Member of AHVMA

- Rachel Blackmer, DVM Inigo Quill Healing Arts 303/ 838-7698 (CO)
Specializes in Acupuncture and other holistic modalities.

- Pamela Bouchard, DVM 415/ 499-0909 (CA)
Specializes in Acupuncture, member of AHVMA

- Constance E. Breese, DVM 508/ 627-3623 (MA)
Small Animal, Equine, and Farm Animal, specializing in Acupuncture, Chinese Herbs, Conventional Medicine and Homeopathy. Member of AHVMA

- Mary Brennan, DVM 770/ 612-0318 (GA)
Specialties are Acupuncture, Flower Remedies, Nutrition, Conventional Medicine, Glandular Therapy, Homeopathy, and Western Herbs. Member of AHVMA and author of The Natural Dog.

- Beth Brown, DVM Braden River Animal Hospital 941/ 366-4623 (FL)
Small animal, specializing in Acupuncture, Flower Remedies, Homeopathy, Chiropractic, Nutrition, Conventional Medicine, Glandular Therapy, Chinese Herbs, member of AHVMA.

- Gerald Buchoff, DVM North Bergen Animal Hospital 201/ 868-3753 (NJ)
e-mail: Dr.Buchoff@aol.com Specializes in Acupuncture, Flower Remedies, Classical Homeopathy, Chiropractic, Nutrition, Glandular Therapy, Chinese and Western Herbs, member of AHVMA.

- Mona Boudreaux, DVM 505/ 836-6048 (NM)
Small Animal, specializing in Flower Essences, Acupuncture, Chinese Herbs, Chiropractic, Conventional Medicine, Homeopathy, member of AHVMA

- Ron Carsten, DVM Birch Tree Animal Hospital 970/ 945-0125 (CO)
Specializing in Acupuncture, Homeopathy, Osteopathic Manipulation, Meridian Therapy, and Nutrition, member of AHVMA.

- Christina B. Chambreau, DVM 410/ 771-4968 (MD)
Specializing in Flower Remedies, Homeopathy, and Nutrition, member of AHVMA A popular speaker for seminars.

- Ellen Creighton, DVM, CAC 781/ 631-2526 Marblehead, MA
Certified in Veterinary Chiropractic

- H. Himani Das, DVM Veterinary Holistic Care 301/ 656-2882 (MD)
Specializing and Certified in Animal Chiropractic.

- Connie DiNatale, DVM Brook Farm Veterinary Center 914/ 878-4833 (NY)
860/ 354-2287 (CT) Associated with Dr. Allen Schoen, member of AHVMA

- Theresa M. Digiullio, VMD 860/ 742-1403 (CT)
Specializes in Acupuncture, Conventional medicine, member of AHVMA.

- W. Jean Dodds, DVM, Hemopet 714/ 252-8455 *(fax: 310/ 828-8251)* (CA)
She is the foremost authority in the world involving thyroid and autoimmune diseases. In addition to her numerous awards, she is a dynamic speaker, an international lecturer, a member of many national and international committees and panels dealing with the health and welfare of companion animals. She is the founder and President of Hemopet / Pet Lifeline, the first non-profit national blood bank program that includes a pet adoption program for canine donors. The program produces canine blood components for use in critical care and performs a wide variety of diagnostic tests, such as: vaccine titers, complete thyroid panels and von Willebrand disease screening. Dr. Dodds is on the faculty of the University of Pennsylvania College of Veterinary Medicine where she teaches hematology. She also oversees the research program of the Comparative Hematology Laboratory, New York State Dept. of Health. She will work with your vet concerning your dog's blood tests . Member of AHVMA. Her seminars are GREAT!

- Jane L. Doyle, DVM 304/ 258-5819 (W.VA)
Specializing in Acupuncture, Flower Essences, Chinese and Western Herbs, Chiropractic, Conventional Medicine, Homeopathy, Nutrition, member of AHVMA

- Glen Dupree, DVM, CVH Big Run Healing Arts Holistic Veterinary Care (PA)
814/ 427-5004 Big Run, PA alchemy @ penn.com

- Lisa R. Edwards, DVM, Barton Animal Hospital 407/ 632-3800 (FL)
Utilizes a variety of holistic modalities including nutrition, member of AHVMA

- Marta Engel, DVM Rising Sun Animal Wellness Center 608/ 734-3711 or 637-2227
Small Animal, Equine, Farm Animal, specialties: Conventional Medicine, Homeopathy, Nutrition, member of AHVMA.. Center offers acupuncture. Chiropractic therapy with Jan Schilling, DVM.

- Shelley R. Epstein, VMD 302/ 762-1620 (DE)
Small animal and exotic animal. Specializes in Nutrition, Conventional Medicine and Classical Homeopathy. Licensed in PA and DE. Does telephone consultations.

- Katherine E. Evans, DVM 603/ 679-8978 (NH)
Acupuncture, Chinese and Western Herbs, Conventional Medicine, member of AHVMA.

- Heather Evans, DVM All Creatures Acupuncture 414/ 962-6680 (WI)
Specializes in Acupuncture.

- Janice Facinelli, DVM 303/ 421-5424 (CO)
Specializes in Acupuncture and other holistic modalities.

- Dr. Fiorito, Bricktown Veterinary Hospital, Red Bank, NJ 732/ 477-9440
Not a holistic practice but specializes in dentistry.

- David B.Y. Fong, DVM Mobile Veterinary Practice 303/ 693-9314 (CO)
President of the Rocky Mountain Holistic Veterinary Medical Assoc. Specializes in acupuncture, chiropractic, homeopathy and nutrition.

- John H. Fudens, DVM; Affinity Holistic Clinic 813/ 446-3603 (FL)
Totally holistic practice. Took a courageous stand with the government in order to practice holistic veterinary medicine. Does telephone consultations.

- Maria Glinski, DVM Silver Spring Animal Wellness Center 414/ 228-7655 (WI)
Specializes in Acupuncture, Chinese and Western Herbs, Homeopathy, Nutrition, Glandular Therapy, Conventional Medicine, member of AHVMA.

- Martin Goldstein, DVM, Smith Ridge Veterinary Center 914/ 533-6066 (NY)
Certified in Veterinary Acupuncture, Specializes in Iridology and Immuno-Augmentive Therapy (cancer), Flower Remedies, Chiropractic, Chinese and Western Herbs, Nutrition, Conventional Medicine, Homeopathy, Magnetic Therapy, Ozone Therapy, and Metabolic Nutritional Analysis (MNA) [bloodwork interpretation], member of AHVMA, AVMS, and founder of Alternative Solutions to Animal Health. His seminars are WONDERFUL!

- Robert Goldstein, VMD, Northern Skies Animal Co. 203/ 222-7173 (CT)

- Ann M. Greenbank, DVM 403/ 466-5655 (Alberta, Canada)
Specializes in frozen semen and fresh food feeding. Breeder of Verdoro Golden Retrievers.

- Don Hamilton, DVM 505/ 666-2091 (NM)
Utilizes Homeopathy, Classical Homeopathy, and Nutrition, Member of AHVMA, does telephone consultations. Dr. Hamilton has been able to help "get to the bottom" of problems for many people's animals and they rave about his expertise! A popular speaker at seminars.

- Joyce C. Harman, VMD, MRCVS 540/ 675-1855 (NV)
Specializes in Acupuncture, Flower Essences, Chinese Herbs, Chiropractic, Nutrition, Homeopathy,. Board Member of AHVMA

- Mark Haverkos, DVM The Village Vet 812/ 934-2410 (IN)
Specializes in Acupuncture, Chinese and Western Herbs, Chiropractic, Conventional Medicine, Homeopathy, Nutrition, and Network Chiropractic

- Kimberly Henneman, DVM 801/ 647-0807 (UT)
Equine, specializing in Acupuncture, Chiropractic, Conventional Medicine, and Homeopathy, member of AHVMA

- Kim V. Hombs, DVM 704/ 542-2000 (NC)
Small Animal, specializes in Acupuncture, Flower Essences, Chinese Herbs, Nutrition, Conventional Medicine, and Homeopathy, member of AHVMA.

- Greig Howie, DVM 302/ 734-8425 (DE)
Specializes in Acupuncture, Flower Essences, Homeopathy, Nutrition, Glandular Therapy, Chinese and Western Herbs, Conventional Medicine, President of AHVMA

- Wendy Jensen, DVM 410/ 379-0671 (MD)
Specializing in Classical Homeopathy. Member of AHVMA.

- Jeffrey Judkins, DVM Whole Pet Veterinary Clinic 503/ 233-4280 (OR)
Small Animal, Avian, Exotic, specializes in Acupuncture, Flower Essences, Chinese and Western Herbs, Homeopathy, and Nutrition, member of AHVMA.

- Deva Khalsa, VMD, FBIH Animal Healing Center 215/ 493-0621 (PA)
Specializes in Acupuncture, Flower Remedies, Homeopathy, Chinese and Western Herbs, Nutrition, Magnetic Therapy, Conventional Medicine, Glandular Therapy, and Nambudripad's Allergy Elimination Technique (NAET). Member of AHVMA. and IVAS. Authored chapter in "Healing Your Horse – Alternative Therapies".

- Randy Kidd, DVM 816/ 561-9011 (MO)
Small Animal, Equine, Farm Animal, Avian, Exotic, specializing in Acupuncture, Flower Essences, Chiropractic, Chinese and Western Herbs, Homeopathy, Nutrition, Conventional Medicine, Vice Pres. of AHVMA

- Beverly Cappel-King, DVM The Vet at the Barn 914/ 356-3838 (NY)
Specializes in Nutritional Therapies, Herbal Remedies, Chronic Degenerative Diseases, Cancer Therapy and Acupuncture. Member of AHVMA.

- Jordan Kocen, DVM, MS SouthPaws Veterinary Referral Center 703/ 569-0300
Specializing in Acupuncture, Homeopathy, and Chinese Herbs. Member of AHVMA. (VA)

- Mike Kohn, DVM The Petinary 608/ 255-1239 (WI)
Small animal veterinarian. Specializes in Acupuncture, Flower Essence Remedies, Classical Homeopathy, Nutrition, and Western Herbs. Member of AHVMA and IVAS

- Michael W. Lemmon, DVM Highlands Veterinary Hospital 425/ 226-8418 (WA)
Specializing in Acupuncture, Flower Remedies, Chinese and Western Herbs, Chiropractic, Conventional Medicine, Glandular Therapy, Homeopathy, Nutrition and Magnetic Therapy. Member of AHVMA.

- Jeffrey Levy, DVM 413/ 268-3000 (MA)
Specializing in Homeopathy and Nutrition. Member of AHVMA.

- John D. Limehouse, DVM Limehouse Vet Clinic of Holistic Medicine 818/ 761-0787
(CA) Specializing in Acupuncture, Flower Remedies, Chinese and Western Herbs, Color Therapy, Conventional Medicine, Glandular Therapy, Homeopathy, Nutrition and Pulsating Magnetic Therapy. Member of AHVMA.

- Jack M. Long, VMD Forestville Veterinary Hospital 707/ 823-7312 (CA)
Specializing in Acupuncture, Chiropractic, Nutrition, Conventional Medicine, Glandular Therapies, Homeopathy, and Western Herbs. Member of AHVMA.

- Charles E. Loops, DVM 919/ 542-0442 (NC)
Specializes in Homeopathy, does telephone consultations, member of AHVMA.

- Debra J. Mack, DVM, CVA, 208/ 939-4800 (ID)
Small a mobile practice of house calls only. Specializes in Nutrition, Acupuncture, Herbs, Electroacupuncture, Homeopathy, Applied Kinesiology, and Flower Essences. Does telephone consultations. Member of AHVMA

- Deborah C. Mallu, DVM, CVA, Holistic Veterinary Care 520/ 282-5651 (AZ)
Practicing veterinary medicine since 1977. Certified Veterinary Acupuncturist and Energy Healer. Telephone consults available. Medical evaluation and therapies utilizing Western Medical theory, Traditional Chinese Medical theory, Animal Communication, Energy scan, and healing work, Chinese and Western herbology. Homeopathy, Glandulars, Nutritional Counseling and Exploration of the animal's illness as a reflection of their person's health process on all levels of Body, Mind and Spirit. Member of AHVMA.. Excellent and important presentation at AHVMA's '97 Conference (see Some Things To Think About Section at end).

- Monique Maniet, DVM Veterinary Holistic Care 301/ 656-2882 (MD)
Small Animal, specializing in Acupuncture, Flower Essences, Chinese and Western Herbs, Chiropractic, Nutrition, Conventional Medicine, Homeopathy, and Glandular Therapy, member of AHVMA

- William McCauley Martin, DVM Fletcher Animal Hospital 704/ 684-4244 (NC)
Specializing in Acupuncture, Conventional Medicine, gold beads, member of AHVMA.

- David M. McCluggage, DVM, Chaparral Animal Health Center 303/ 702-1986 (CO)
Specialties: Certified Veterinary Acupuncturist, Classic Homeopath, Nutrition, Chinese and Western Herbs, Applied Kinesiology, and Reiki, member of the AHVMA.

- Paul McCutcheon, DVM 416/ 757-3569 (Canada)
Small Animal, specializes in Flower Essences, Nutrition, Glandular Therapy, Conventional Medicine and Homeopathy Board Member of AHVMA

- Donna Starita Mehan, DVM, A Country Way Veterinary Care 503/ 663-7277 (OR)
(fax: 4069) A member of the American Veterinary Medical Assoc., the Oregon Veterinary Medical Assoc., and member of AHVMA. Utilizes Homeopathy, Nutrition, Herbs, Acupuncture / Electroacupuncture, Flower Essences, Bodywork, Kinesiology.

- Deborah M. Mitchell, DVM, MS Knollwood Hospital for Pets 847/ 891-8944 (IL)
American Animal Hospital Assoc. (AAHA) accreditation for 4 years. Small Animal, Certified in Acupuncture and Chiropractic. Specializing in Chinese and Western Herbology, Glandular Therapy, Nutritional Therapy, Flower Remedies, Conventional Medicine, Homeopathy and Massage Therapy. Member if AHVMA, AAHA, AVMA and the Chicago VMA. Requires an "in person" appointment for consultation, treatment or evaluation.

- Adrienne Moore, DVM 760/ 723-6633 (CA)
Specializes in Chiropractic, Flower Essences, member of AHVMA.

- Robert W. Mueller, DVM Fair Chance Farm 732/ 780-2202
Equine, specializes in Chiropractic.

- Jeanne Olson, DVM 907/ 488-2906 (Alaska)
Specializes in Acupuncture, Chiropractic, Nutrition, Conventional Medicine, Homeopathy, Board Member of AHVMA.

- Richard Pitcarin, DVM, PhD Animal Natural Health Center 541/ 342-7665 (OR)
e-mail: anhc@earthlink.net Small Animal, specializes in Homeopathy, Flower Essences, Nutrition, member of AHVMA. Note: Dr. Pitcarin offers training in veterinary homeopathy to licensed veterinarians. For information contact his office. Unfortunately, he is unable to take new patients.

- William Pollak, DVM Fairfield Animal Hospital 515/ 472-6983 or 888/ 402-9142 (IA)
web site: http://billpollak.simplenet.com "Modalities include conventional and alternative approaches to healing. The patient is seen as a member of a larger living environment in which the many varied dynamic forces of life take place. Attention is placed on encouraging rebalance at a higher level of Wellness rather than manipulating the symptoms of disease. Episodes of disease are periods in which rebalancing is attempting to take place. Nurturing the system through making more energy, life force and intelligence readily available (through nutrition and natural remedies) help shift the scale of life's disease." Does phone consultations.

- Pedro Luis Rivera, DVM The Healing Oasis Veterinary Hospital 414/ 886-1100 (WI)
Small Animal, Equine, Farm Animal, Avian, Exotic. Specializes in Flower Essences, Chinese and Western Herbs, Nutrition, Chiropractic, Conventional Medicine, Homeopathy, Massage Therapy and Acupressure, Associate Editor of the Journal of AHVMA, instructor of Chiropractic. A popular and dynamic speaker at seminars.

- Nancy Scanlan, DVM Sherman Oaks Veterinary Group 818/ 784-9977 (CA)
Small Animal, specializing in Acupuncture, Flower Essences, Homeopathy, Conventional Medicine, Chiropractic, Nutrition, Chinese and Western Herbs, member of AHVMA, and CVMA.

- James E. Schacht, DVM Idewild Animal Hospital 704/ 535-6688 (NC)
Small Animal, Avian, Exotic Animal Veterinarian. Specializing in Acupuncture, Flower Essences, Chinese Herbs and Homeopathy, member of AHVMA.

- C. Edgar Scheaffer, VMD 717/ 838-9563 (PA)
Small Animal, Equine, Farm Animal. Specializing in Conventional Medicine and Homeopathy, member of AHVMA

- Robert Schaeffer, Jr. DVM St. Louis Hills Veterinary Clinic 314/ 353-3699 (MO)
Small Animal, Equine, Avian, and Exotic. Specializes in Acupuncture, Flower Essences, Chinese and Western Herbs, Nutrition, Conventional Medicine, Homeopathy, and Network Chiropractic.

- Charles T. Schenck, DVM VCA/Edgebrook Veterinary Hospital 732/ 257-8882 (NJ)
Complementary Medicine includes Acupuncture, Homeopathy, Electrodiagnosis, Flower Remedies, Nutrition, Conventional Medicine, and member of IVAS and AHVMA (Past President)

- Allen M. Schoen, DVM, MS 860/ 354-2287 (CT) 914/ 878-4833 (NY)
Specializing in Acupuncture, Nutrition, Homeopathy and Western Herbs. Co-author of "Love, Miracles, and Animal Healing, Board Member of AHVMA.. Founded VITA (Veterinary Institute for Therapeutic Alternatives). A superb speaker at seminars.

- Martin Schulman, VMD Crozet Veterinary Care Center 804/ 823-4300 (VA)
Small Animal, specializes in Nutrition, Glandular Therapy, Chinese and Western Herbs, member of AHVMA.

- Cheryl Schwartz, DVM San Francisco Veterinary Specialists 415/ 387-6844 (CA)
Small Animal, specialties are Acupuncture, Flower Remedies, Chinese and Western Herbs, Chiropractic, Nutrition, Homeopathy, and Conventional Medicine. Author of Four Paws Five Directions and member of AHVMA

- Judith M. Shoemaker, DVM, 610/ 869-3346 (PA) Small animal and equine. Chiropractic, Acupuncture, Nutrition, Homeopathy, and Biomechanical management, advanced farriery complementary techniques. Member of AHVMA.

- Robert J. Silver, DVM, MS, Holistic Wellness Center 303/ 494-7877 (CO)
Small animals, Certified in Acupuncture (IVAS), teaches Herbal Therapies to lay people, uses some Homeopathy, believes "the most potent healing modality we have is love and fresh, raw food" Board Member of AHVMA. Gives very informative talks at seminars.

- Diane E. Simmons, DVM 402/ 593-6556 (NE)
Specializes in Acupuncture and Chiropractic, Nutrition, some Herbs and Homeopathy, member of AHVMA.

- Meredith Snader, VMD Acupuncture Veterinarians, PA 610/ 827-7742 (PA)
Equine Veterinarian specializes in Acupuncture, Chinese Herbs, Chiropractic and Homeopathy, member of AHVMA.

- Joanne Stefanatos, DVM Animal Kingdom Veterinary Hospital 702/ 735-7184 (NV)
Specializes in Acupuncture, Flower Essences, Chinese and Western Herbs,. Chiropractic, Conventional Medicine, Glandular Therapy, Homeopathy, Nutrition, Chelation Therapy, Neural Therapy, member of AHVMA

- Russell Swift, DVM Pet's Friend, Inc. 954/720-0794 (FL)
Small Animal, Avian, Exotic animal veterinarian, specializing in Flower Essences, Nutrition, member of AHVMA

- Carvel G. Tiekert, DVM 410/ 569-7777 (MD)
Small Animal and Equine, specializing in Acupuncture, Chiropractic, Flower Essences, Nutrition, Homeopathy, Glandular Therapy, Biotron II, Applied Kinesiology, Pulsating Magnetic Therapy, Executive Director of AHVMA, Editor of the Journal.

- Stephen Tobin, DVM, Your Traveling Vet - House calls 203/ 238-9863 (CT)
Specializing in: Homeopathy, Holistic Medicine, and Chronic Disease.

- Bob Ulbrich, VMD Whole Pet Veterinary Clinic 503/ 233-2332 (OR)
Small Animal specializing in Flower Essences, Classical Homeopathy, Glandular Therapy, Nutrition and Pranic Healing, member of AHVMA

- Brian T. Voynick, DVM American Animal Hospital of Randolph 973/ 895-4999 (NJ)
Specializes in Acupuncture

- Madalyn Ward, DVM Bear Creek Veterinary Services 512/ 288-0428 (TX)
Equine, specializes in Chiropractic, Nutrition and Homeopathy, member of AHVMA.

- Neal K. Weiner, DVM, Lewiston Animal Clinic 916/ 778-3109 (CA)
Small Animal vet, specializing in a variety of holistic modalities and emphasizes fresh food feeding, member of AHVMA.

- Gloria B. Weintrub, VMD Countryside Animal Hospital 609/ 953-3502 (NJ)
Small Animal, Specializes in Acupuncture, Flower Remedies, Chinese Herbs, Homeopathy, Conventional Medicine, Glandular Therapy, Secretary/ Treasurer and past President of AHVMA.

- Patricia Whittaker, VMD 717/ 677-9543 (PA
Aspers, PA, recommends all raw diet for companion animals.

- Sharon Willoughby, DVM 309/ 523-3995 (IL)
Specializes in Equine, Canine Chiropractic, member of AHVMA, founder of American Veterinary Chiropractic Association and Options for Animals.

- William G. Winter, DVM The Uptown Veterinarian 612/ 825-6859 (MN)
Specializes in Acupuncture, Flower Essences, Chinese and Western Herbs, Glandular Therapy, Nutrition, Conventional Medicine, Homeopathy, Massage and Behavioral Therapy, co-founder, and member of AHVMA. A popular and dynamic speaker at seminars. Author of the newly released Holistic Veterinary Handbook, Galde Press, Inc., Lakeville, MN.

- Susan Wynn, DVM 404/ 516-5954 (GA)
Specializing in Acupuncture, Glandular Therapies, Chiropractic, Flower Essences, Chinese and Western Herbs, Nutrition, Conventional Medicine, Homeopathy, Board Member of AHVMA.

- Michele A. Yasson, DVM 914/ 658-3923 (NY)
Specializing in Acupuncture, Flower Essences, Chinese and Western Herbs, Conventional Medicine, Nutrition, Homeopathy, Glandular Therapy, Associate Editor of the Journal of AHVMA.

- Arthur Young, DVM 561/ 287-2242 (FL)
Specializes in Flower Essences, Western Herbs, Nutrition, Conventional Medicine, Glandular Therapy, Homeopathy, member of AHVMA.

Chiropractic for Animals:

Please see the list of Vets, as many are specialize in Chiropractic, or you can call the American Veterinary Chiropractic Association 309/ 658-2920

- Chiropractic for Animals 908/ 575-7834 (NJ)
Carole Edwards, DC Certified Animal Chiropractor by appointment Veterinary Referrals, Small Animal and Equine.

- Sherry Dickholtz Gaber, DC 773/ 267-0200 (through Dr. Rogerson's office) (IL)

- Little Critters Chiropractic Service 973/ 696-0006 (NJ)
Marc L. Sommer, DC, CAC Certified Animal Chiropractor, Diplomat of the American Veterinary Chiropractic Assoc., Lecturer/ Instructor: American Veterinary Chiropractic Assoc., Member, Board of Directors, American Chiropractic Assoc., By appointment, Veterinary Referrals.

- New Britain Chiropractic 215/ 340-2797 (PA)
Jeanne M. Sharpe, DC Certified in Animal Chiropractic

Other Health Related Organizations:

To Find a human holistic physician for yourself:

- Foundation for the Advancement of Innovative Medicine (FAIM) 914/ 368-9797 (NY)
www.healthy.net/faim e-mail: faim@rockland.net
Has a very interesting Health Letter, Innovation Individual Membership is $25.

- American College for Advancement in Medicine (ACAM) 714/ 583-7666
23121 Verdugo Dr., Suite 204, Laguna Hills, CA 92653 Listing for practitioners of preventive medicine. Web site: http://www.acam.org/

- Price-Pottenger Nutrition Foundation 800/ 366-3748 (CA)
Free catalog with *very* interesting books.

- American Holistic Health Association 714/ 779-6152
PO Box 17400, Anaheim, CA 92817 Has a newsletter and catalog listing resources and information on health related issues.

- Institute for Natural Medicine 603/ 225-8844
66½ North State St., Concord, NH 03301-4330

- International Association of Holistic Health Practitioners 702/ 873-4542
Publishes a journal.

- Alternatives for Animals, Inc. 800/ 424-8044
Referral service to find a holistic practitioner in your area.

- American Association of Naturopathic Physicians, 206/ 323-7610
2366 Eastlake Ave., E,. Ste.322, Seattle, WA 98102 Quarterly newsletter is $35 per year, send $5 for national directory of US members.

- Flower Essence Society 916/ 265-9163
PO Box 459 Nevada City, CA 95959 Membership dues start at $20 has a newsletter and membership discounts on services.

- Herb Research Foundation 303/ 449-2265

- National Pesticide Telecommunications Network (NPTN) 800/ 858-7378
web site: http://ace.orst.edu/info/nptn/ Staffed by highly qualified and trained pesticide specialists to answer questions about pesticides, control of ants, termites, fleas, or garden and lawn pests. Sponsored by Oregon State University and the US Environmental Protection Agency (EPA).

- Association of Holistic Animal Practitioners 619/ 223-0658

- Equine Sports Massage Therapists 800/ 843-0224

- World Wide Association of Equine Dentistry, Inc. 403/ 933-2036

- TTouch and TTEAM 800/ 854-TEAM
PO Box 3793, Santa Fe, NM 87501 For a practitioner in your area, send a SASE.

- National Center for Homeopathy 703/ 548-7790
1997 marks it's 23rd year, non-profit organization and has over 7,000 members.

- Holistic Alliance International 201/ 586-3936 *(fax 201/ 627-4285)*
"...dedicated to healing Mother Earth and all her loved ones."

Some Consultants:

- Natural Reared Animal Directory Natural Networking 704/837-8019
245 Lakeview Lane, Murphy, NC 28906 e-mail: umerski@dnet.net Trish Umerski is knowledgeable in natural care for our dogs. She created this Directory in the summer of 1995 for natural animal enthusiasts to network with others throughout the US. Ideas and experiences can be shared, support groups can be formed, and professionals can advertise their services. Traveling with this directory will provide the nearest holistic vet in case of emergency. A listing is free, the directory is $11.90, includes shipping . Mention Helen at It's For The Animals! for a 10% discount.

- Susan Marino, RN, Animal Communication Specialist 516/ 269-7641
"Through the eyes of each Being you see a whole new world..."Wholistic Health Care for Companion Animals, Individual Consultations, Lectures, Workshops, Certified TTouch Practitioner, Kinesiology, Bereavement counseling and Flower Essence Therapist. Founder of Enchanted Connections which sponsors a wonderful Expo on the East Coast, and hosts a great Radio Talk Show on Natural Care for Animals, Fridays from 11-noon, 990 am WALE based in Rhode Island (with requests, it may become syndicated throughout the country!).

- *Azmira* Holistic Animal Care 800/497-5665 *(fax: 520/ 886-2638)*
Lisa Newman, ND, has a Naturopathic catalog on alternative care for animals.

- Hearthside Animal Center 603/ 543-3551 *(fax: 603/ 542-3752)*
April Frost, Author of "The Healing Energy of Dogs", Animal Behaviorist, Reiki Master, Originator of Training with Awareness Concept. "Growth & Healing through Education for Humans & Animals." Does training, workshops, has a huge supply of the very best pet products.

- Carole King Boyd, Esq. 908/ 995-9297 *(fax: -2877)*
25 Sleepy Hollow Dr., Milford, NJ A very caring attorney who is an Animal Law Specialist. Licensed in New Jersey and Texas.

- People Training For Dogs 914/ 268-8200
Nancy Strouss, professional dog trainer. Obedience, Show Handling, Group/Private Lessons, Puppy Kindergarten through Utility, Behavioral Counseling, Seminars.

- Animals' Apawthecary 406/ 821-4090 e-mail: animals@bitterroot.net
Mary Wulff-Tilford, Professional Herbalist and Holistic Animal Care Consultant, Glycerine-based formulations for dogs and cats.
htmlhttp://www.petsage.com/remedies/apawthecary.html

- Gail De Sciose, Animal Communicator 212/ 831-4666
"Through telepathic communication I can have a conversation with your animal companion. You can explore specific behavior or health issues or just check in to see how your friend is doing. Please call to arrange a communication or for information on future lectures and courses.

- Barbara Foster 813/ 787-8412
Knowledgeable, caring animal lover and veterinary assistant. Consultant to those interested in holistic/natural care for companion animals, conducts seminars, trained in animal communication.

- Midstates Myotherapy 630/ 305-8411
Sue Olmos, specializes in Equine and Canine Muscle Treatment, Certified by Equi-Myo

- Animal Soft Tissue Therapies 703/ 532-1598
Bettejeanne Hammond, Nationally Certified Soft Tissue Therapist. An adjunct therapy to conventional and holistic veterinary care in the VA area.

- Living Well, Naturally 703/ 706-3010
Peggy, specializing in Aromatherapy, Pet Wellness Programs, and other natural products.

- Janet Brennan, 718/ 377-4844
Iridologist, Nutritional Consultant for animals and their humans, Photo psychic readings, Animal Communication, Telephone Seances for animals. Very interesting gal, a frequent guest on TV and many radio shows, author of many books and articles on healing and ESP.

- Wanita Windwalker 810/ 674-9229 *(fax: 673-7523)*
American Indian Shaman, Mystic, Psychic, Healer for our Times.

- Joan Schauer Healing Energies 516/ 277-3008
Touch for Health, Three in One Concepts & Reiki classes available.

- Ann Weishaar 410/ 644-2561 e-mail: weishaar@umbc.edu
Hands-on Healing, Spiritual help for dogs and cats in the Baltimore, MD area.

- Nancy Mueller 732/ 780-2202
Animal Communication specialist.

- Judy Meyer 505/ 820-PETS (7387)
If you've ever wondered what your animal is thinking.

- Kate Solisti 303/ 734-1247
Animal Communication Specialist, also does workshops.

- Phil Klein, Holistic Consultant 212/ 979-2532
Certified T-Touch Practitioner, Nutritional Consultant and Referral to Holistic Veterinarians. Partner with Randy of Whiskers Holistic Pet Products (see catalogs) and Expo in New York City.

- Anaflora 916/ 926-6424
Sharon Callahan, Flower Essence Therapy for Animals - customized for individuals!

☯ *Health Foods Stores*:

Over the years, I have found that for the most part, people who own and work in these stores to be very knowledgeable, helpful and caring. There are usually many valuable references on hand for answers to specific questions regarding health - human and animal. The store will usually have just what I need or the items can be special-ordered. I recently noticed that a local supermarket is now stocking a few of my preferred items and found their price was *higher* than at my local Health Foods Store! If your local shopowner can't order the items you need, you can call toll-free to my local shop, Balance Health Foods which does mail-order. Ask for Brad, who is a very knowledgeable Herbalist - 888/ 909-0440.

☯ *Community Holistic Centers:*

More and more, these places are serving as "networking" sites, offering a variety of classes, workshops, and services in alternative and holistic therapies, such as: homeopathy, yoga, therapeutic massage, stress management and meditation. Some ask for membership and others are open to the public, many have a "store" area with lots of very interesting useful items which might otherwise be hard to find. Most are listed in the phone book under "Holistic Practitioners".

☯ *Journal:*

The American Holistic Veterinary Medical Association 410/ 569-0795
e-mail: AHVMA@compuserve.com 2214 Old Emmorton Rd., Bel Air, MD 21015
"The AHVMA is an organization whose purpose is to function as a forum for the exploration of alternative (complementary) areas of health care, other than acupuncture, in veterinary medicine." Excellent source of information concerning animal health. Each year the Association holds a Conference, and the reviews of the presentations are published in the Journal. Well worth the subscription for lay people of $65.

☯ *Newsletters:*

The source of much of the essential information I get is from newsletters. The politically correct "news" on TV is that which someone decided to let us know, and some is just misinformation depending upon the political climate or the current agenda.

Several of the following publications have exposed what the powerful media has omitted. The issues are important and affect all of us. In order to be truly informed, it is necessary to get facts from publications other than "mainstream". In addition to the serious issues, there's some wonderful poignant stories and humor included.

☯ **Enchanted Connections Review** 516/ 269-7641 18 Josephine Lane, Fort Salonga NY 11768 "Healing the Earth through Education. A new holistic monthly. Addresses holistic alternatives and our companion animals. Encourages readers to submit personal stories. 12 issues $19.95 / year Visa, MC, AE. Mention Helen at It's For The Animals! for a 10% discount.

☯ **Healthy Pets - Naturally** 706/ 356-7031, 1895 New Franklin Church Rd. Canon, GA 30520. Has "The Holistic Newsletter with Natural Remedies for Treatable Ailments". Excellent source for important health information, for our animals as well as ourselves! Has a directory of holistic practitioners and consultants listed by state. One year is 6 issues - $14 (US), two years is $25, Visa & MC . Mention Helen at It's For The Animals! for a 10% discount.

- **Canine Health Naturally** 604/ 921-7784 (Canada) e-mail: sandra@axionet.com
web site: http.//www.prodogs.com.dmn/chn "The Thinking Person's Complementary Care for Canines." The latest information on the most important issues which are VITAL to health!

- **Golden Nuggets** 861 Somerset Dr., Sunnyvale, CA 94087-2224
http://www.golden-retriever.com/ Great newsletter with vital news on many important topics, plus some funny stuff to remind us to lighten up! Helps out rescue groups - subscription is $30/yr., makes a very nice gift for someone special.

- **The Whole Dog Journal** 800/ 829-9165 e-mail: WholeDog@aol.com $39yr-12 issues

- **Whole Cat** 800/ 575-6787 http://www.wholecat.com

- **The Cassette** 207/ 797-9635
Collie newsletter (information very helpful for other dogs, too), published quarterly.

- **The Holistic Horse** 914/ 693-2553 *(fax: 4956)*
"Equine Alternative Therapy Newsletter", published quarterly, loaded with general information on herbs and homeopathy which may also apply to dogs and cats. Has a free Research Hotline.

- **The Whole Horse Journal** PO Box 2626, Greenwich, CT for a free preview issue.

Magazines:

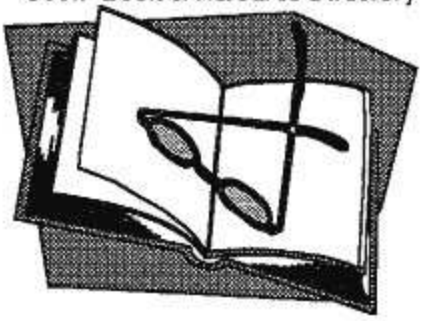
- **Best Friends Magazine** 8081/ 644-2001 e-mail: bestfriends@msn.com
Best Friends Animal Sanctuary, Kanab, UT 84741 $25 yearly subscription

- **Animals** 800/ 998-0797
Published by MSPCA (The Massachusetts Society for the Prevention of Cruelty to Animals), since 1868 – a nonprofit agency supported by members and donors provides a wide range of services for animal-protection. Together with AHES (American Humane Education Society, the MSPCA strives to promote justice for all living creatures.

- **Natural Health** 800/ 526-8440
For humans, but also has information on health for pets.

Monthly Newspaper:

- Acres USA 800/ 355-5313
"A voice for Eco-Agriculture" Has very valuable information on a variety of topics wit the intent of reminding us that our most important job is to think! Free sample issue. Also a catalog of some of the most interesting books!



Some Favorite Books on HEALTH:

Some are directed at us humans, 'cause our companion animals need us to stay healthy! There are sections "Just for Dogs" and "Just for Cats" and other categories.

- Love, Miracles, and Animal Healing by Allen M. Schoen, D.V.M., M. S., and Pam Proctor. Dr. Schoen has a DVM from Cornell University, a MS in animal behavior and neurophysiology from the University of Illinois. He is a consultant at the Animal Medical Center in New York City, founder and director of the Veterinary Institute for Therapeutic Alternatives in Sherman, CT. I love this book! It's got that unique quality that touches one's heart. I find that I can re-read certain sections and learn something new.

- Protein Power by Michael R. Eades, MD and Mary Dan Eades, MD
"The Book That Explodes the Food Myths!" My favorite book about Diet and Health! Nothing theoretical here, it's all scientifically proven! "Animals have the same eicoasanoid synthesis cascade that we do." (pg. 85). Written so that it's easy to understand why those "low fat-high carbohydrate" diets fail us. Wish it could be "required reading" in all schools, as I believe it can save lives and improve the quality of life by changing diet. I know it has for my husband and me (Thanks Dr. Neubrander!). To get the complete Nutritional Prescription Program by Drs. Eades, call 800/ 965-9008. To get their "Protein Bars" 800/ 925-1373. Newsletter may be available.

- Emerging Viruses: AIDS and Ebola by Leonard Horowitz, DMD, MPH, MA
"Nature, Accident or Intentional?" 800/ 336-9266 or 888/ 508-4787. Also available is a very informative audio cassette packages. One is of the 1997 Update Audio Tape: Emerging Viruses and Vaccinations, and another is on Immunity, also has a 2 ½ hr. video. *"A MUST READ"!*

- Who Killed the Darling Buds of May? By Catherine O'Driscoll
Everyone who has a pet needs this book, especially if you're concerned about vaccines. Order Toll Free: 888/ 697-9374

- Nourishing Traditions by Sally Fallon with Pat Connolly and Mary G. Dnig, PhD
(Price-Pottenger Nutrition Foundation 800/ 366-3748) "The Cookbook thatChallenges Politically Correct Nutrition and the Diet Dictocrats.

- Nutrition and Physical Degeneration by Weston Price (Price-Pottenger Nutrition Foundation 800/ 366-3748)

- The Complete Herbal Handbook For The Dog and Cat by Juliette de Bairacli Levy
"If a diet is unnatural, disease will keep company with those subjected to it."
Explains natural-rearing, herbal medicine and disease prevention. She paved the way! This is a "must read" for all those interested in natural care for our cats & dogs. She also has a few other books, including : The Illustrated Herbal Handbook for Everyone.

- Dr. Pitcarin's Complete Guide To Natural Health for Dogs & Cats by Richard H. Pitcarin, DVM, PhD & Susan Hubble Pitcarin. Dr. Schoen gives this book a rave review and it is my first choice when it comes to checking out a health problem. The section on commercial petfoods is a real eye-opener, not for the squeemish!

- Four Paws Five Directions, A Guide to Chinese Medicine for Cats and Dogs by Cheryl Schwartz, DVM. Excellent reference for learning and utilizing Traditional Chinese Herbal Medicine.

- The Holistic Veterinary Handbook. Safe, effective treatment plans for the companion animal practitioner by William G. Winter, DVM For the professional, but has many "client handout sheets" with excellent information.
- Why Animals Don't Get Heart Attacks, But People Do by Matthias Rath, MD
to order: 800/ 624-2442 ($12.95 plus $4 s/h)
- Pet Allergies, Remedies for an Epidemic by Alfred Plechner, DVM and Martin Zucker A good book for understanding "the bigger picture".
- Optimal Health Guidelines by John R. Lee, MD

Please Note: about the next book, we all have Hormones, one of the best books I've found to explain their importance for all of us is by John R. Lee, MD. Don't think it's only for older women! Pesticides and Herbicides are affecting all of us!

- What Your Doctor May *Not* Tell You About Menopause by John R. Lee, MD with Virginia Hopkins " The Breakthrough Book on *Natural* Progesterone." Vial information! Easy to read and comprehensive - A "MUST READ"! I feel fortunate to have listened to audio tapes of some of Dr. Lee's talks, too.
- Prescription for Nutritional Healing by James F. Balch, MD & Phyllis A. Balch, CNC
- Dr. Atkins' Health Revolution by Robert C. Atkins, MD
"How Complementary Medicine Can Extend Your Life." A *must read* to understand why we have this type of medical system now.
- Edible and Medicinal Plants of the West by Gregory L. G Tilford
- A Primer to Herbs for Animals by Gregory L. Tilford and Mary Wulff-Tilford
- Natural Healing for Dogs & Cats by Diane Stein
Explanation of many different alternative or complementary treatment.
- The Natural Remedy Book for Dogs & Cats by Diane Stein
Lots of great information.
- Herbal Remedies for Dogs and Cats by Mary Wulff-Tilford and Greg Tillford (booklet) - 406/ 821-4090
- Food Pets Die For by Ann Martin
She wrote the article "Does Your Pet Food Bark A Study of the Pet Food Fallacy" published in Natural Pet Magazine (3/95) which forced me to eliminate any commercial "stuff" for my animal companions.
- The Thinking Person's Guide to Perfect Health by Ron Kennedy, MD
Summary of many alternative approaches to treat a wide variety of problems, such as chelation, bio-oxidative medicine, prolotherapy, diet, orthomolecular human hormone therapy, vitamins, minerals, exercise, psychological health with many treatment sources.
- Optimal Wellness by Ralph Golan, MD
Comprehensive reference giving "10 common denominators" of illness and reviews alternative treatment options. Provides A-Z self-care for over 100 ailments.
- Detoxification & Healing:The Key to Optimal Health by Sidney McDonald Baker, MD
A new way of looking at health, considered leading-edge work by the experts, the focus is on toxins, keeping a balance and staying healthy.
- Why I Left Orthodox Medicine: Healing for the 21st Century by Derrick Lonsdale, MD
What nutritional medicine is and why it will be mandated in the near future from the Editor of the Journal of the Advancement in Medicine
- Your Body Knows Best by Ann Louise Gittleman
- The Complete Medicinal Herbal by Penelope Ody
"A practical guide to the healing properties of herbs, with more than 250 remedies for common ailments." Excellent herb book with color photos.

- Nutrition Almanac by Gayla J. Kirschmann and John D. Kirschmann
Fourth Edition is "New & Expanded - Exercise, Herbs, Aromatherapy and much more."
- The Healthy Cat and Dog Cook Book by Joan Harper
- Keep Your Pet Healthy the Natural Way by Pat Lazarus
- Natural Immunity by Pat McKay
"Why you should NOT vaccinate!"
- Reigning Cats & Dogs by Pat McKay
- Love, Medicine & Miracles by Bernie S. Siegel, MD
- Beyond Antibiotics by Michael A. Schmidt, Lendon H. Smith, and Keith W. Sehnert
"50 (or so) ways to Boost Immunity and Avoid Antibiotics."
- Dr. Atkins Quick & Easy New Diet Cookbook by Robert C. Atkins, MD and Veronica Atkins
- Eradicating Heart Disease by Mathias Rath, MD
Another "must read"!
- Bypasing Bypass 2nd Ed. by Dr. E Cranton & H. Breecher
- Left For Dead by Dick Quinn
A true story of a courageous man dealing with conventional medicine.
- Death By Deception by Dick Quinn, Shannon Quinn, Colin Quinn and Al Watson
"Unmasking Heart Failure." A sequel to Left For Dead.
- Racketeering in Medicine: The Suppression of Alternatives by James P. Carter, MD
- Naked Empress or The Great Medical Fraud by Hans Ruesch
- The Science of Coercion by Christopher Simpson
Tells us who controls the funding for scientific progress and academic research.
- The Creation of Health by C. Norman Shealy, MD, PhD and Caroline M. Myss, PhD
"The Emotional, Psychological, Spiritual Responses that Promote Health and Healing."
- The Vitamin Revolution in Health Care by Michael Janson, MD
Latest information with individual supplement programs for specific health challenges.
- Toxic Metal Syndrome by H. Richard Casdorph, MD, PhD and Morton Walker, DPM
Disturbing behavioral symptoms may be caused by lead, iron, and mercury (silver fillings in teeth). New information on what can be done for treatment.
- Freedom Through Health by Terry S. Friedmann
Explains holistic and alternative medicine, and the success on various illnesses.
- Doctor's Complete Guide to Vitamins & Minerals by Mary Dan Eades, MD
- Neanderthin: A Cave Man's Guide to Nutrition by Ray Audette, PhD
"almost mystical approach to nutrition" Paleolithic Press, 6009 Laurel Oaks, Dallas, TX 75248
- Coyote Medicine by Lewis Mehl-Madrona, MD
- Spontaneous Healing by Andrew Weil, MD
- Eight Weeks to Optimum Health, by Andrew Weil, MD
- Enter The Zone by Barry Sears, PhD with Bill Lawren
"Avoid the Dangers of Bad Carbohydrates and Balance Your Hormone and Insulin Levels".
- The Real Truth About Vitamins and Antioxidants by Judith A. DeCava, MS, LNc
- Questions from the Heart by L. Terry Chappell, MD
Informative, answers questions about chelation therapy.
- Your Body's Many Cries for Water by F. Batmanghelidj, MD
"Don't treat thirst with medications."

- Guess What Came to Dinner: Parasites and Your Health by Ann Louise Gittleman
"What you don't know about food can hurt you."
- What Your Doctor Won't Tell You by Jane Heimlich
- The Downhill Syndrome by Pavel Yutsis, MD and Dr. Morton Walker
Discusses the symptoms of chronic fatigue and how it's reversed.
- The Natural Remedy Bible by John Lust, ND and Michael Tiera, CA, OMD
"Everyone's guide to the natural method of healing."
- Enzyme Nutrition: The Food Enzyme Concept by Dr. Edward Howell
- Food Enzymes: The Missing Link to Radiant Health by Humbart Santillo, BS, MH
- Trace Elements and Other Essential Nutrients, by Dr. David Watts
- Natural Insect Repellents for Pets, People & Plants by Janette Granger & Connie Moore
- The Doctors Book of Home Remedies for Dogs & Cats by the Editors of Prevention Magazine
- Dr. Bob Arnot's Guide to Turning Back the Clock by Robert Arnot, MD
- Staying Healthy with The Seasons by Elson M. Haas, MD
"the kind of personal search that helps each of us redefine healing. Instead of offering sometimes dangerous drugs and surgery, it advocates a natural path that helps us heal from within." --- Michael Samuels, co-author, Well Body Book
- Heal Your Body by Louise L. Hay
"If we are willing to do the mental work, almost anything can be healed."
- You Can Heal Your Life by Louise L. Hay
Bernie Siegel, MD, says "An excellent book for restructuring one's life and finding self-esteem and self-love."
- Immune Power Boosters by Carlson Wade
"Your Key To Feeling Younger, Living Longer."
- The Bread & Circus Whole Food Bible by Christopher S. Kilham
"How to select & prepare safe healthful foods without pesticides or chemical additives."
- Encyclopedia of Nutritional Supplements by Michael T. Murray, ND
"Essential Guide for Improving Your Health Naturally."
- Naturopathic Handbook of Herbal Formulas by Richard Scalzo
"A practical and concise herb user's guide."

Just Dogs:

- The Healing Energy of Dogs by April Frost if your favorite bookstore doesn't stock it, call 603/ 543-3551 to order.
- The Natural Dog, A Complete Guide for Caring Owners by Mary L. Brennan, DVM with Norma Edkroate. Excellent reference and lots of much needed information.
- The Holistic Guide for a Healthy Dog by Wendy Volhard & Kerry Brown, DVM
Excellent reference and chock full of vital information that every dog lover needs.
- How To Have A Healthier Dog by Wendell Belfield, DVM and Martin Zucker
- Let's Cook for Our Dog by Edmund R. Dorosz, BSA, DVM
Lots of helpful information.
- Give Your Dog A Bone by Ian Billinghurst, BVSc[Hons], BScAgr, DipEd
"The Practical Commonsense way to Feed Dogs for a Long Healthy Life."

- Canine Nutrition by William D. Cusick
"Meeting the Nutritional Needs of YOUR Breed of Dog."
- The Collins Guide to Dog Nutrition by Donald R. Collins, DVM
"A Complete, Contemporary Updatd of the Modern Masterwork for ALL Dog Feeders."
- Dogs Never Lie About Love by Jeffrey Moussaieff Masson
- James Herriot's Dog Stories by James Herriott
Wonderful book, most of the stories appeared in his other earlier books
- Super Puppy by Peter Vollmer 619/ 489-1818
- Don't Shoot the Dog by Karen Pryor
- Dogwatching by Desmond Morris
"Why dogs bark and everything else you wanted to know."
- Why Does Your Dog Do That? by Goran Bergman
- Manners for the modern Dog by Gwen Bohnenkamp
- The Lost History of the Canine Race by Mary E. Thurston
"Our 15,000-Year Love Affair with Dogs.
- Seven True Dog Stories by Margaret Davidson

Just Cats:

- Cats Natrually by Juliette de Bairacli Levy
"Natural Rearing for Healthier Cats."
- Pottenger's Cats: A Study in Nutrition by Francis M Pottenger, Jr. MD
Price-Pottenger Foundation 800/ 366-3748 for a very interesting catalog
- The Very Healthy Cat Book by Wendell Belfiled, DVM and Martin Zucker
Excellent information on vitamin C for cats
- The New Natural Cat by Anitra Frazier with Norma Eckroate
- Cat Care, Naturally by Celeste Yarnall
- Your Healthy Cat by H. Wolf, DVM
"Homeopathic Medicines for Common Feline Ailments."
- It's a Cat's Life by Anitra Frazier with Norma Eckroate
- Feed The Kitty - naturally by Joan Harper
"Natural Recipes for Healthy Cats and Kittens."
- Cat Talk by Carole C. Wilbourn
"What your cat is trying to tell you", by a cat therapist.
- Catwatching by Desmond Morris
"Why cats purr and everything else you ever wanted to know."
- The Company of Cats Edited by Michael J. Rosen
- Cat Love by Pam Johnson
- The Cornell Book of Cats by the Faculty and Staff of Cornell Feline Health Center, Cornell Univ., Edited by Mordecai Siegal
- From the Cat's Point of View by Gwen Bohnenkamp
"The Complete Book on Cat Behavior"

Horses:

- The Original Book of Horse Treats by June V. Evers

Recipes, Natural Remedies, and more.

- The Complete Herbal Handbook for Farm and Stable by Juliette de Bairacli Levy
- Healing Your Horse - Alternative Therapies published by Macmillan
- The Man Who Listens to Horses by Monty Roberts 888/ 826-6689

www. MontyRoberts.com e-mail: admin@MontyRoberts.com

Humor: "Laughter is the Best Medicine!"

- Cats, Cats, Cats, Edited by S. Gross
- Dogs, Dogs, Dogs, Edited by S. Gross

Both books are collections of great cartoons

- Dealing with the Idiots in Life
- How to get the Winning Edge with Annoying People by Janet Brennan

Booklet 718/377-4844

Training:

- The Chosen Puppy: How to Select and Raise a Great Puppy from an Animal Shelter by Carol Lea Benjamin
- Mother Knows Best by Carol Lea Benjamin

"The Natural Way to Train Your Dog."

- What All Good Dogs Should Know by Jack Volhard and Melissa Bartlett

"The Sensible Way to Train."

- The Tellington TTouch: A Breakthrough Technique to Train and Care for Your Favorite Animal by Linda Tellington-Jones with Sybil Taylor
- The Art of Raising a Puppy by the Monks of New Skete
- How to Raise a Puppy You Can Live With by Rutherford & Nell
- Adventure K-9 Command Dogs Hal Steiner 516/491-4779

Animal Communication:

- Talking to Animals by Barbara Woodhouse
- The Little Flowers of St. Francis trans. by Raphael Brown

Perhaps the first known and greatest animal communicator was St. Francis of Assisi.

- Animal Talk Interspecies telepathic Communications by Penelope Smith
- Animals ...our return to wholeness by Penelope Smith

She also has an audio tape on animal death that I found to be very helpful.

- Talking With Nature by Michael J. Roads
- Kinship with All Life by J. Allen Boone

Aromatherapy:

Use of essential oils is just one of the many complementary medical modalities

- Veterinary Aromatherapy by Nelly Grosjean
- The Practice of Aromatherapy by Dr. Jean Valnet
- Aromatherapy, The Essential Beginning by D. Gary Young, ND
- Aromatherapy, The Complete Guide to Plant and Flower Essences for Health and Beauty by Daniele Ryman

Flower Essences:

See page 74 for additional information.

- Green Hope Farm Guide 603/ 469-3662 e-mail: green.hope.farm@valley.net
Wonderful essences without alcohol (brandy is in most others) as the preservative, which the cats seem to prefer. The stabilizer that they use instead is the Japanese herb, Shiso, a member of the mint family.
- The Bach Flower Remedies Including Heal Thyself by Edward Bach, MD, TheTwelve Healers by Edward Bach, MD and The Bach Remedies Repertory by F. J. Wheeler, MD
- Dictionary of The Bach Flower Remedies, Positive and Negative Aspects, by T. W. Hyne Jones
- Anaflora Flower Essence Therapy For Animals by Sharon Callahan 916/ 926-6424

If you've ever wondered what to do when you've found an injured bird or other animal (besides using the flower essences - pg. 74):

- Care of the Wild, Feathered, and Furred by Mae Hickman and Maxine Guy
"Treating and Feeding Injured Birds and Animals."

Homeopathy:

- A Veterinary Materia Medica and Clinical Repertory with a Materia Medica of The Nosodes by G. Macleod, MRCVS, DVSM
- Homeopathic First Aid For Pets by Francis Hunter
- Cats: Homeopathic Remedies by George Macleod, MRCVS, DVSM
- The Treatment of Cats by Homeopathy by K. Sheppard
- Dogs: Homeopathic Remedies by George Macleod, MRCVS, DVSM
- The Treatment of Dogs by Homeopathy by K. Sheppard

Reflexology:

- Reflexology Today by Doreen E. Bayly
"The stimulation of the Body's Healing Forces through foot massage." It includes large color pull-out charts of the body reflex zones and feet.
- Body Reflexology by Mildred Carter
"Healing at your fingertips."
- Hand Reflexology: Healing at Your Fingertips by Mildred Carter
- Reflex Zone Therapy of the Feet by Hanne Marquardt

Travel with our Companions:

I've found most Red Roof Inns and Travel Lodges will accept well-mannered pets, but it's always a good idea to verify, as policies may change. Also see Flower Essences on page 74.

- Vacationing with Your Pet by Eileen Barish 800/ 638-3637
Motels/Hotels that accept pets.
- Eileen's Directory on Pet Friendly Lodging by Eileen Barish 800/ 496-2665

Legal Issues:

- Dog Law by Mary Randolph 800/445-6656
- Legal Beagle, Diary of a Canine Counselor by Linda A Cawley, Esq. 908/ 604-6311

Vaccinations:

Many are listed in the list of Favorites on Health, more are available from:

- Tetrahedron, Inc. Box 402, Rockport, MA 01966 800/ 336-9266 or 888/ 508-4787
- Price-Pottenger Foundation 800/ 366-3748
- New Alantean Press, PO Box 9638, Santa Fe, NM 87504 505/ 983-1856

Volunteering with your Animal Companion:

- Volunteering With Your Pet: How to get involved in animal-assisted therapy with any kind of pet by Dr. Mary R. Burch

General:

- The Sermon on The Mount by Emmet Fox "Is there a Scientific Way to tap the realm of infinite power which surrounds you – for the benefit of your own life? This book answers 'YES' and shows you how to do it."
- It Is ALL Right by Isabel M. Hickey She says the two following sentences transformed her consciousness, and thereby her life: "All my ways are pleasant ways and all my paths are peace." "In quietness and confidence shall be my strength." A magical book. Distributed by Helen K. Hickey, Facilitator, New Pathways, 103 Goldencrest Ave., Waltham, MA 02154 617/ 890-0772
- When Elephants Weep by Jeffrey Moussaieff Masson with Susan McCarthy
- Every Living Thing by James Herriot
"The warm and joyful sequel to The Lord God Made Them All."
- Reflections in The Light by Shakti Gawain "Daily Thoughts and Affirmations"
- 365 TAO by Deng Ming-Dao Daily meditations.
- Living with Joy by Sanaya Roman
- Spiritual Growth, Being Your Higher Self by Sanaya Roman
- Personal Power through Awareness by Sanaya Roman
- The Way of the Peaceful Warrior by Dan Millman
- Living in The Light by Shakti Gawain with Laurel King
- Creative Visualization by Shakti Gawain
- Behaving as if the God in All Life Mattered by Machaelle Small Wright
- The Healing Touch by Michael W. Fox, DVM
"The Proven Massage Program for Cats and Dogs."
- Rodale's Book of Practical Formulas Edited by Paula Dreifus Bakule
- Keeping America Uninformed by Donna Demac
- Animal Speak by Ted Andrews "The Spiritual & Magical Powers of Creature Great & Small". Includes a Comprehensive Dictionary of Animal, Bird, & Reptile Symbolism."
- The Secret Life of Plants by Peter Tompkins and Christopher Bird
"...the physical, emotional, and spiritual relations between plants and man."
- Secrets from the Lives of Trees by Jeffrey Goelitz
"... a heartfelt, intriguing story offering insight and practical suggestions for achieving our own peace and balance through nature."

For Us Women:

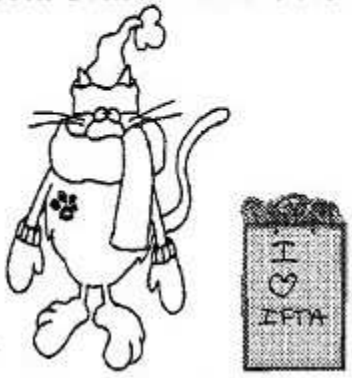
- The Menopause Industry: How the Medical Establishment Exploits Women by Sandra Coney
- As A Woman Thinketh by Dorothy J. Hulst (Booklet)

Bereavement:

- The Courage To Grieve by Judy Tatelbaum
May be the most helpful book I've found.
- Animal Death, A Spiritual Journey by Penelope Smith *Audio Tape*
Very helpful.
- Beyond the Veil by Judy Laddon
Lawrence Shook Communications, 4327 South Perry, Spokane, WA 99203
- Death, The Final Stage of Growth by Elizabeth Kubler-Ross
- Living with Death and Dying by Elisabeth Kubler-Ross
- Questions and Answers on Death and Dying by Elisabeth Kubler-Ross
- Working It Through by Elixabeth Kubler-Ross
"An Elisabeth Kubler-Ross Workshop on Life, Death, and Transition."
- The Loss of a Pet, *New Revised Edition* by Wallace Sife, PhD
- Coping With Sorrow on the Loss of your Pet by Moira K. Anderson
- Pet Loss: a Thoughtful Guide for Adults & Children by Herbert A. Nieburg & Arlene Fisher
- Pet Loss and Human Bereavement edited by William J. Kay, Herbert A. Nieburg, Austin K. Kutscher, Ross M. Grey, and Carole D. Fudin
- A Journey through Grief by Alla Renee Bozarth, PhD
- How to Survive the Loss of a Love by Melba Colegrove, PhD, Harold H. Bloomfield, MD, and Peter McWilliams
- And a Time To Die by Mark Pelgrin
- Living When a Loved One has Died by Earl A Grollman
- Letting Go by Richard W. Boerstler
- When Bad Things Happen to Good People by Harold S. Kushner
- Meetings at The Edge by Stephen Levine
- Embraced by The Light by Betty J. Eadie

I've been told that this is out of print, please let me know if it is now available - thanks!

- *Joy in a Wooly Coat: Living with, Loving and Letting Go of Treasured Animal Friends by Julie Adams Church (Kramer).*
- The Art of Condolence by Leonard M. Zunin, MD and Hilary Stanton Zunin
"What to write, what to say, what to do at a time of loss."



Some Favorite Products & CATalogs

Please mention that you saw them in It's For The Animals!

Where's The Meat? (Check your phone book for meat processors!)

Dutch Country Farmer's Market 908/ 806-3904 Upscale Market with an Amish touch.

- Kings' Poultry 908/ 806-8676 Abe King (New Jersey)
  - Lancaster County Meats 908/ 806-8476 John King
- V. Roche & Son Meat Processing 908/ 534-2006 (New Jersey)
- Maverick - 800/ 49-RANCH Natural beef, buffalo, and lamb, does mail order.
- Coleman's Beef 800/ 4428666
- Jamar Foods - 800/ 59-STEAK.

Essential Fatty Acids (EFA's):

- Animal Essentials by Merritt Naturals 888/ 463-7748 www.merrittnaturals.com

I think these are *the best!* They have made *all* the difference in my dogs' and cats' skin & coats! Web Site:www.merrittnaturals.com - found in most health food stores and through animal care professionals. Mention Helen at It's For The Animals! for a 20% discount.

- Barlean's Organic Oils - found at most Health/Natural Foods Stores.

Enzymes:

- Prozyme for animals, Tyme Zyme for humans, 800/ 522-5537 (for nearest distributor).

Excellent digestive enzymes! Guaranteed for results or your money back. Available at most health foods stores and animal care professionals. My favorite!

Complete Supplement:

- Biotocs Research 800/231-5777

"The Best of Science And Nature." Call for local distributor.

- Animal Essentials Absolute Nutrition by Merritt Naturals toll-free 888/ 463-7748 www.merrittnaturals.com Mention Helen at It's For The Animals! for a 20% discount.
- Natrol makes a great liquid Multi and Antioxidant formula - mix right in the dish - available at Health/Natural Foods Stores.
- NaturVet & WildHorse 888/ 628-8783 e-mail: naturvet@naturvet.com

Trace Minerals:

- Nature's Path 941/ 426-3375 (for nearest distributor) Makes Skin Aide - great product!

Ears & Eyes, Shampoo additive/spritzer:

- Noah's Kingdom ear cleaner is my favorite 800/ 662-4711

Mention Helen at It's For The Animals! for a 15% discount on your first order.

- Halo, Purely for Pets 813/ 854-2214 (for nearest distributor)
- Dr.Bronner's Castile Shampoo - at Health Foods Stores. I like the lavender.

Now, where's the Treats?

- Doggie Divines, Brunzie's Best, Inc. 914/ 734-4490 *(fax: 914/ 737-7415)*

http://www.highlands.com/Brunzi "Organically Correct Health Food Snacks That Will Make Your Dog Drool!" I know mine did! Call Carol and get an assortment, these are FANTASTIC! Mention Helen at It's For The Animals! for a 10% discount.

- S'PETacular Dog Snack Co. 704/ 372-7363

"Organic, Free-Range, Delicious, Affordable."

Herbs:

- Animals' Apawthecary 406/ 821-4090

Mary Wulff-Tilford, Herbalist and Animal Care Consultant, Glycerine-based for dogs and cats.

- Healing Herbs for Pets 888/ 775-7387 e-mail: wwilmot@petherbs.com

Offers a complete line of Chinese Herbs for Pets.

Organic Fruits & Veggies:

- Diamond Organics 800/922-2396

"Totally Organic, Totally Guaranteed." Call for free brochure.

Miscellaneous Information:

- Natural Reared Animal Directory Natural Networking 704/ 837-8019

245 Lakeview Lane, Murphy, NC 28906 e-mail: umerski@dnet.net

- National Assoc. of Professional Pet Sitters 800/ 296-PETS (for a local pet-sitter)
- Earth Animal 203/ 222-7173

A complete Department Store for Animals, People & Environment.

- Naturescapes 813/ 446-8273

Wonderful audio tapes of the sounds of nature.

- Luyties 800/ 325-8080

Delivering quality Homeopathic products for healthy families since 1853.

- Alpine Industries 847/ 657-7387 *pager 800/624-7243 #210-9676*

"Mountain Fresh Air Works" Free Trial Offer The best air purifier I've found!

- Tattoo-A-Pet 800 / 828-8667
- WEB SITES 908/537-6922

Have your own custom-designed, reasonable and timely.

- Art by Nancy 732/ 741-7523

Beautiful portraits and cards can be done from a photograph.

- Goldens Portrayed - 315/ 853-8905
- Animal Handling Gloves 414/ 485-4369

Kevlar or sheepskin-lined leather, Rabies gloves or Eagle gloves

- Vacations with our furry Friends:

1) Gold Mountain Chalet Resort (Catskill Mtn.) 800/395-5200
2) Mountain View Lodge & Cabins (Glendale Springs, NC) 800/ 209-8152 pin 0595

- United Plantsavers 802/ 479-9825
- Mac -n- Jacs 703/ 691-8579

"Offering toy filled doggie bags for all occassions!"

Catalogs:

Please mention that you saw them in It's For The Animals!

- ABC (Advanced Biological Concepts) 800/ 373-5971 *(Canada: -3959)*
- Alsto's Handy Helpers 800/ 447-0048

Heated birdbaths to Pet Memorial Markers.

- Alternatives 800/ 860-9422

"Holistic health books for you and your companion."

- Anaflora 916/ 926-6424

Flower Essence Therapy for Animals

- The Andersons 800/ 537-3370 ext. 2190 e-mail: andersonsinc.com

All natural pet bedding and litter products.

- Animals' Awawthecary 800/ 822-9609

Glycerin-Based Herbal Formulations for Dogs & Cats

- *Azmira* Holistic Animal Care 800/497-5665 *(fax: 520/ 886-2638)*

"Where Your Pet's Health Comes Naturally." Has a phone fact line (same 800 #) and a newsletter, too.

- Best Friends 562- 928-6799 e-mail: gdmystic@aol.com

Dog & Cat Health Products Raw, Organic Foods & Supplements.

- Blue Ribbons 800/ 552-2583

Holistic, natural pet care products.

- Botanical Animal 800/ 942-5483

Herbal products for Horses, dogs & cats.

- Cherrybrook 800/ 524-0820

"The ultimate in dog & cat supplies."

- The Dog & Cat Book Catalog 800/ 776-2665
- Dr. Goodpet 800/ 222-9932 http://www.goodpet.com

"Natural Pet Pharmacy for Dogs & Cats."

- The Dog Museum Shop Catalogue 314/ 821-3647
- Earthwise Animal Products 800/820-2218

"Natural alternatives for your companion animal."

- Ellon 800/ 423-2256

Traditional Flower Remedies - Emotional Support System. Handy instruction booklet.

- Equestrian Enterprise 800/ 767-1452

Horse Lover's Gift Guide.

- Equilite 914/ 693-2553

Natural supplements for horses, dogs and cats.

- Foster & Smith (Drs.) 800/ 826-7206
- Gardens Alive 812/ 537-8650

Great source for organic garden products.

- Gentle Wind Designs 510/ 283-3190

Aromatherapy and Flower Essence for Animals

- Green Hope Farm 603/ 469-3662

Flower essences, humans / animals.

- Horse 'N Hound Collection 800/ 464-6773

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Lovely, unique and practical gifts which are of high quality and affordable.

- In The Company of Dogs 800/ 924-5050

- J-B Wholesale Pet Supplies 800/ 526-0388 web site: http://www.jbpet.com
- Jeffers Pet Catalog 800/ 533-3377
- Kaytee's Catalog 888/ 697-9374

Natural Rearing, Juliette deBairacli Levy's Herbal Supplements, books.

- KV Vet Supply 800/ 423-8211
- Lehman's 330/ 857-5757

Non-electric catalog.

- Liberty Tree Independent Institute 800/ 927-8733

Great books.

- Morrills' New Directions 800/ 368-5057
- The Natural Choice 800/ 621-2591

Non-toxic products.

- Natural Pet Care Company 800/ 962-8266
- Nature's Specialties Mfg. 800/551-7627

Donates portion of sales to rescue facilities

- Newton Homeopathy 800/ 448-7256

Has a very helpful product guide book.

- Noah's Ark 800/ 926-5100 e-mail: gcn@gate.net

"Their Health is in Your Hands."

- Noah's Kingdom 800/ 662-4711

"Whole & Natural.. All the Time." Lots of great products, my favorite ear cleaner.

- Omaha Vaccine Company 800/ 367-4444
- Oxyfresh 301/ 696-0134 or voice mail: 800/ 999-9551 ext. 443 540

Pet toothpaste and has pet and human products.

- PBS Home Video 800/ 645-4727
- pedigrees 800/ 548-4786
- Perelandra 540/ 937-2153

Unique - gardening / health.

- Pet Health Pharmacy 800/ 742-0515

"Helping People Help Their Pets." Pharmacists to answer questions - Natural Hormone Replacement.

- PetHouse Products 800/ 807-7040

Great Litter Boxes

- Petigree 800/ 323-7387

"The Official Collection of Canine Coats of Arms"

- Pet Inclinations 708/ 932-1860

Ramps for mature or handicapped pets.

- That Pet Place 888/ 842-8738
- Pet Sage 800/ 738-4584

Holistic pet products.

- Pet Warehouse 800/ 433-1160
- Petra, Inc. 800/ 553-9708

Memorial items

- Pets & Pals 516/ 451-0512

"Gifts for Pets & Pet Lovers", also has memorials. Donates a portion of sales to Shelters & Rescues.

- Pipsqueak Productions 717/ 253-4330

Cards, etc.

- Reflections Organic 800/ 852-9273
Wonderful organic cotton clothing.
- Seventh Generation 800/ 456-1177
Earth Friendly.
- Signals 800/ 669-9696
PBS TV/Radio has an interesting catalog with animal items.
- S'PETacular Dog Snack Co. 704/ 372-7363 or 888/ 765-2164 or 800/ 658-2225
"Organic, Free-Range, Delicious, Affordable, my dogs just love them."
- Springtime 800/ 521-3212
- State Line Tack 800/ 228-9208
Discount Western catalog.
- Super Puppy Catalog 619/ 489-1818
Items for the 'new addition' to the family.
- Tanglewood 813/ 788-5737
Fur Saver Collars.
- TerrEssentials 301/ 371-7333
Products free from petrochemical and animal ingredients - for people and pets
- ThunderPaws 717/ 272-9977
"Products that are safe for feline and canine friends as well as Mother Earth." They have fantastic cat toys, and catnip is available in bulk, free brochure.
- UPCO 800/ 254-8726
"The complete pet store in your mailbox."
- The Uppity Puppy 810/ 543-7491
Chemically untreated "Pet Potty & Poop Pad".
- Valley Vet Supply 800/ 360-4838
- The Vase Place 800/ 682-8273
Memorial urns.
- Vermont Natural Stoneworks 802/ 265-2200 e-mail: STONE@SOVER.NET
Beautiful pet memorials.
- Whiskers 800/ 944-7537 http://choicemall.com/whiskers e-mail: healthypet@msn.com
"Holistic Products for Pets" Producers of the Whiskers NYC Holistic Petcare Expo
- The Whole Animal Catalog 800/377-6369 http://mixer.visi.com/~holistic
Natural Things for animals.
- The Whole Pet, Naturally, Inc. 800/ 965-7387
A catalog with holistic pet products
- The Wise Old Nag 970/ 247-1415
Horses are the specialty.

Here's some Web Sites:

Mine is http://members.aol.com/ifta2

all of the following begin with http://www.

nlm.nih.gov
(free MEDLINE)
golden-retriever.com/
Tetrahedron.org
(Great Resource Links)
enchanted-connections.com
prodogs.com
visi.com/holistic/index.html
altvetmed.com
merrittnaturals.com
naturalholistic.com
cyberpet.com/cyberdog/articles/
health/vaccin.htm
petsage.com/remedies/apawthecary.html
sd.znet.com/~oct31/essiac/formula.htm

primemet.com/~webdoc/
softrain.com/natpaws/index.html
amtemma.nl/homeoweb
herbvs.org/index.html
mic.ki.se/Diseases/alphalist.html
biofleahalt.com
americhiro.org
Acupuncture.com
bellfield.com
ojpt.com/~via /
fda.gov
waltham.com

Search Engines: all begin with http://www.

AltaVista: altavista.digital.com/
Lycos: lycos.com
Hotbot hotbot.com

Excite: excite.com
InfoSeek : infoseek.com

Journals:
Veterinary Journals: http://brise.ere.umontreal.ca/~jettejp/vetjr.html
The British Medical Journal: http://www.bmj.com/bmj/index.html
Elesvier Science Tables of Contents Service: http://www.elsevier.nl/estoc/

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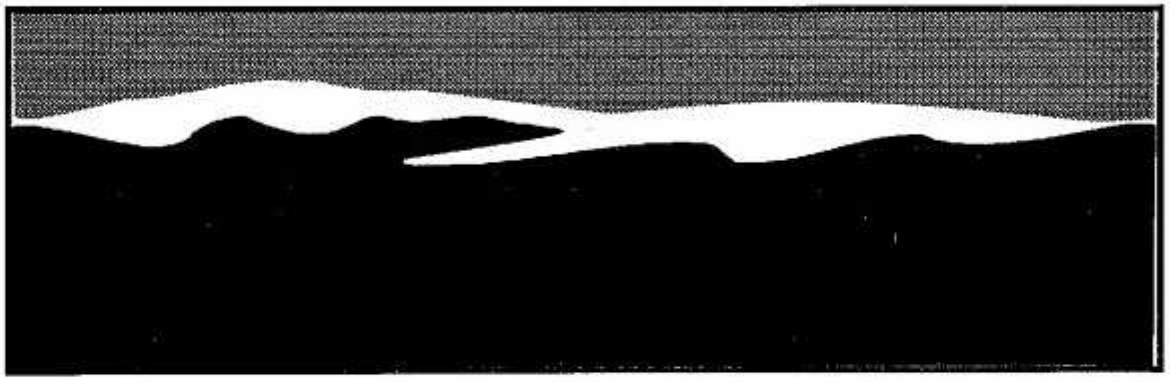

Some Things To Think About

To be at the at the '97 American Holistic Veterinary Medical Association's Conference and hear all the informative talks was one of the best experiences I've had in my "natural animal care" career. One of the most important presentations was given by Dr. Deborah Mallu a Holistic Vet from Arizona (see Resources Section).

When she spoke about some uncomfortable topics which are rarely discussed, it reminded me in a way of the work of Dr. Elisabeth Kubler-Ross on Death and Dying. Dr. Kubler-Ross has changed the way the much of the world deals with people who are dying and death itself. Because of her pioneering work, there are over a hundred thousand courses taught at universities in this country alone. After all, we know that the truth is some procedures do not honor the companion animals. We avoid thinking about that, let alone talk about it. I've always *felt* in my heart, the essence of the issues about which Dr. Mallu spoke, and perhaps many others there did too. It's just that I'd never *said* it or *heard* it before in terms of our treasured companion animals, and that made all the difference. Plus, I was able to see it from the vet's perspective, too. I'm including some of Dr. Deborah Mallu's talk, with her kind permission, with the belief that others may experience having her message resonate the truth felt in their hearts, too.

"Eliminate Surgical Procedures That Dishonor The Animals!"

said Dr. Deborah Mallu while discussing the issue of declaws in cats, tail docks or dewclaw removal in puppies, ear crops and euthanasia during her presentation, and: "The first area to change is the human's mindset. Understand that clawing is a *natural* behavior for cats. We have put them in an unnatural environment, furniture scratching is undesirable to us, but natural to them. So we must give them desirable alternative clawing methods." I've read somewhere that one of the many reasons that cats' scratch is to wear down their claws - not to sharpen them, also they leave their "scent messages" where they've scratched. Also, let's not forget that "the most sophisticated lab on the planet is a cat's nose!"

Many people mistakenly believe that removing a cat's claws is just like having our fingernails trimmed off- permanently. **Declawing** is actually **amputation** of the last joint of the cat's "finger"! In "You're ok, Your Cat's ok" it says that this is **mutilation** and is not done in Britain. The claws are the cat's first line of defense, and very important to the cat for a variety of reasons. I applaud the vets who opt not to do this to the poor cats, but instead choose to educate their clients on alternative ways to prevent destructive behavior. Dr. Deborah Mallu mentioned that another good source for

information on how to train cats to use desirable clawing methods is in "The New Natural Cat" by Anitra Frazier.

There's a saying: "As Above, So Below" which means basically that what we constantly think about (or fear), we may actually be attracting or make manifest in our lives. So, to put this in practical terms: if we continually worry that the cat will scratch the furniture, we may unwittingly contribute to that very action!

As Dr. Deborah Mallu explained: "...remember, our thoughts are 'seen' by our animals!" Therefore, if we continually think about the cat scratching the furniture – all the cat 'sees' is scratching the furniture. Our mental thought process is a very important part of positive training for our companion animals. *We can change our thoughts to be positive* and promote harmony. So instead of worrying, (which doesn't do any good, anyway), we can simply focus on the good or positive, it's along the same lines as: seeing the glass half full rather than half empty. Also, it is very helpful for successful training to be consistent in keeping our thoughts positive: **always have the mental picture of our cat using the desired area**- scratching post or log, or sisal block, or whatever is provided for him or her to use for this *normal activity!*

For example, to reinforce that mental training, I utilized the "hands on" training too. I bought a couple of cat scratching posts and a small "condo" and then rubbed them well with catnip, which they love. When I was training my cats to scratch these, I introduced my cat to it and helped him scratch it. This was done many times, always making it a positive experience. It does work, just like "house-training" a pup, but one has to put in the time initially (I consider that time an investment). Once again, I held in my mind the scene of my cats scratching on their delightfully scented scratching posts.

Tail Docks, Dewclaw Removal on puppies, and Ear Crops are primarily done "for looks"! It should be noted that some dogs who participate in field events may tear their dewclaws, which is very painful and surgery is probably required. Many of my friends avoid this by having the dewclaws removed early on. The others are *painful* cosmetic surgical procedures, unnecessary, and some say very cruel. Many vets are simply refusing to perform this cruelty and not dishonoring the animals. I thank them for it!

~ The Passing On of our Companion ~

"Honor our Animals by knowing that Healing does not always mean Cure" remarked Dr. Deborah Mallu, adding that "for the animal, healing may mean making a transition and we must be open to this possibility."

Sometimes with animals, as it is with us humans, it is just not possible to "cure the disease". It may be "their time" and their Life's Purpose" has been completed. Their transition to the spirit world should be one where they are allowed to go with dignity. "Some animals may want to go home and die naturally". Dr. Deborah Mallu said " euthanasia should only be performed to relieve suffering when no other help in healing is possible. Absolutely no 'convenience euthanasia' is to be done. Behavioral problems can be challenging ... expand the possible treatment avenues by including in the healing team an animal communicator, possible referral to a more experienced holistic veterinarian and animal behavior specialists".

How right she was when she said not to just 'drop off' your companion animal if euthanasia has to be done, after all, as she said, "the animals deserve to have an appointment in the exam room in privacy with their person and the attending doctor present. No animal should wait in a cage to be euthanized until it is convenient for the doctor or client".

When the time comes to say the final goodbye, I know that this is one of the hardest things to ever have to deal with. But we know our animals best, so try to get a sense of what your dear companion wants you to do. I had a session with an animal communicator when my dog, Lady, passed on and it was very comforting. There are also animal bereavement counselors available to assist in dealing with the loss of our companion animal. In my Resources Section is an extensive list of helpful books.

Dr. Mallu suggests that "we honor the spiritual nature of this time in the animal's life. To symbolize the spiritual side of the animal's transition, light a white candle while everyone is present. Each of us has our own spiritual or religious beliefs. A ceremony at home with friends and family is a way to say good bye and honor the life of our animal friend. You may want some of your cherished animal's fur to take home. Many people plant a new tree or flowers in honor of their beloved friend who has left the physical world". Making a memorial donation in the name of their companion animal is what some people have done (See Resources Section - People Helping Animals).

In honor of my two Maine Coon cats, BJ, (the tail with the cat attached) and Mac, (my magical cat), I had marble grave markers inscribed and put them in front of the trees which I planted in my back yard. When my dog Lady passed on, we knew we were moving out of state in a short while, so her body was cremated and my husband and I sprinkled her ashes in the ocean. I find peace and comfort in knowing that the love which Lady gave me still fills my heart, and that her spirit is with me. When I look into her eyes in my keepsake photos, I am filled with gratitude for being able to share some of my life's journey with such a marvelous being – an Angel with fur - for sure!

Excerpt from a GRREAT Newsletter:
A codicil in one's Last Will and Testament for both owners:

In the event that my spouse should predecease me, I direct that any dogs I own at the time of my death, be given to _____(the Rescue/Placement Group of your choice) a _____ (State in the US) Corporation, for placement in one or more permanent homes where they will receive loving care. If _____ (the Group), refused to take in my dogs, or if my Personal Representative finds that _____(the Group) has ceased to function as a rescue (or placement) organization, he shall without any avoidable delay solicit the assistance of _____ (the next nearest Group), a _____ (State in the US) Corporation, in finding another dog rescue/placement organization.

Pending transfer to a dog rescue organization, my dogs shall be adequately cared for at the expense of my estate, if necessary by temporary placement in a commercial kennel from which good quality care can be reasonably expected. A contribution of $250 for each dog shall be made at the expense of my estate, to the rescue organization that eventually places that dog in a loving and caring permanent home. At all times, the actions of my Personal Representative on behalf of my dogs shall be guided by the knowledge that the quality of life of my dogs is of paramount importance to me.

The author, Lou Wesly signs off with:

"That last sentence says it all. See you in Heaven."

On the lighter side:

If you're going to have a dog, then there will be rules in the house...

Dog Rules *(From the Golden Nuggets Newsletter)*

1) The dog is not allowed in the house.
2) OK, the dog is allowed in the house, but only in certain rooms.
3) The dog is allowed in all rooms, but has to stay off the furniture.
4) The dog can get on the old furniture only.
5) Fine, the dog is allowed on all the furniture, but is not allowed to sleep with the humans on the bed.
6) OK, the dog is allowed on the bed, but only by invitation.
7) The dog can sleep on the bed whenever he wants, but not under the covers.
8) The dog can sleep under the covers by invitation only.
9) The dog can sleep under the covers every night.
10) Humans must ask permission to sleep under the covers with the dog.

Let's not forget about TRAINING:

Here's An Important Dog Training Tip passed along to me:

A ROLLED UP NEWSPAPER CAN BE AN EFFECTIVE TRAINING TOOL WHEN USED PROPERLY. FOR INSTANCE, USE THE ROLLED-UP NEWSPAPER IF YOUR DOG CHEWS SOMETHING OR HAS A HOUSETRAINING ACCIDENT. TAKE THE ROLLED-UP NEWSPAPER AND HIT YOURSELF OVER THE HEAD AS YOU REPEAT THE PHRASE, "I FORGOT TO WATCH MY DOG, I FORGOT TO WATCH MY DOG". THIS THE ONLY TIME A ROLLED-UP NEWSPAPER SHOULD BE USED IN TRAINING.
IF YOUR DOG LAUGHS AT YOU WHEN YOU DO THIS, PRAISE HIM OR HER.

And lastly, I leave you friends with some very special things which have helped me over the years - sometimes it's for me or a loved one, but a lot of the time...
It's For The Animals!

When a very serious situation is encountered (major life challenges - not minor problems), I have used the following to help me and it works. It was sent to me by "my second mother", Albie, to whom I am very grateful for her love and understanding given to me when I was a child and needed it so.

She said that after saying the prayers, to send a $19 donation to:
The Franciscan Mission Assoc., Franciscan Friars, PO Box 598, Mt. Vernon, NY 10551

A PRAYER TO THE HOLY SPIRIT

Holy Spirit, you who made me see everything and showed me the way to reach my ideals. You who gave me the divine gift to forgive and forget the wrong that is done to me, and you who are in all instances of my life with me, I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen.

Say this prayer 3 consecutive days without asking for your wish, then promise to publish.

In thinking about the unconditional love I receive from my companion animals, this quote came to mind:

Love

"Love is by far the most important thing of all. It is the Golden Gate of Paradise.
Pray for the understanding of love, and meditate upon it daily. It casts out fear.
It is the fulfilling of the Law. It covers a multitude of sins.
Love is absolutely invincible.

There is no difficulty that enough love will not conquer;
no disease that enough love will not heal;
no door that enough love will not open;
no gulf that enough love will not bridge;
no wall that enough love will not throw down;
no sin that enough love will not redeem.

It makes no difference how deeply seated may be the trouble,
how hopeless the outlook,
how muddled the tangle,
how great the mistake;
a sufficient realization of love will dissolve it all.
If only you could love enough
you would be the happiest and most powerful being in the world."

----------Emmet Fox

Some Affirmations to "Keep in Mind":

I am at the RIGHT PLACE at the RIGHT TIME
with the RIGHT PEOPLE for the RIGHT REASONS
and the RIGHT RESULTS.

I give Thanks

I am Open and Receptive to My Divine Abundance

I give Thanks

This one is good to put on the dashboard of the car:

A Mighty God Power goes before me
Making Easy, Instant, and Perfect My Way

I give Thanks

A Dog's Plea

Treat me kindly, my beloved friend, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick, for though I should lick your hand between blows, your patience and understanding will more quickly teach me the things you would have me learn.

Speak to me often, for your voice is the world's sweetest music, as you must know by the fierce wagging of my tail when your footstep falls upon my waiting ear.

Please take me inside when it is cold and wet, for I am a domesticated animal, no longer accustomed to bitter elements. I ask no greater glory than the privilege of sitting at your feet beside the hearth. Keep my dish filled with fresh water, for I cannot tell you when I suffer thirst.

Feed me clean food that I may stay well, to romp and play and do your bidding, to walk by your side and stand ready, willing and able to protect you with my life, should your life be in danger.

And, my friend, when I am very old, and I no longer enjoy good health, hearing and sight, do not make heroic efforts to keep me going. I am not having any fun.

Please see that my trusting life is taken gently. I shall leave this earth knowing with the last breath I draw that my fate was always safest in your hands.

---------Author Unknown

"The greatness of a nation and its moral progress can be judged by the way its animals are treated"

— Mohandas Gandi

"It has been said
that we bring nothing into this world
and take nothing with us when we depart,
but that was written of material possessions.

All of us bring with us the need to love and to be loved
and take with us, in spirit,
the knowledge of having loved and having been loved...

So I wish for the ability to remember the good things
and forget the rest, to create new memories
and to be sustained by trust and hope and courage;
and always try to understand."

.....*Faith Baldwin*

The path is easy for those who have no preference.

"Dream freely. Envision excellence.
Cherish your creations. Exude enthusiasm.
Be inspired. Inspire others.
Take pride in you. Recognize inner beauty.
Draw on inner strength. Look inside your soul.
Create peace. Seek truth. Spread joy.
Embark on adventure. Launch new ideas.
Think big. Invoke positives. Live fully. Reach out.
Aim high. Find happiness. Expect the best.
Be the best. Believe in yourself."

------Jan Michelsen

The Secret of Happiness

"Happiness is what you sometimes find when you pursue something else.

There are many more attempts to define happiness than unhappiness.
It is because people know all too well what unhappiness is.

Some people pursue unhappiness because happiness is too mild a sensation.

Unhappiness is more dramatic - or, rather melodramatic -
and they see themselves at the center of the stage.

One should not seek happiness, but rather happy people."

----------Couturiere Coco Chanel

THE RULES FOR BEING HUMAN

1) **You will receive a body.**

You may like it or hate it, but it will be yours for the entire period this time around.

2) **You will learn lessons.**

You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.

3) **There are no mistakes, only lessons.**

Growth is a process of trial and error: experimentation. The 'failed' experiments are as much a part of the process as the experiment that ultimately 'works'.

4) **A lesson is repeated until learned.**

A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

5) **Learning lessons does not end.**

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6) **'There' is no better than 'here'.**

When your 'there' has become a 'here', you will simply obtain another 'there' that will again look better than 'here'.

7) **Others are merely mirrors of you.**

You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

8) **What you make of your life is up to you.**

You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

9) **Your answers lie inside you.**

The answers to Life's questions lie inside you. All you need to do is look, listen and trust.

10) **You will forget all this.**

11) **You can remember it whenever you want.**

Acknowledgments

I once heard or read that our animal companions are actually the manifestation of our Spirit Guides or Guardian Angels. My little Guides have helped me in ways seen and unseen, more than I am able to comprehend or articulate. Because of them, I am evolving to be the person I am meant to be and this book is a reality.

To my mom, Eleanor, thanks for your love, sense of humor, and big heart. I think that you would have liked my book.

I am grateful to my husband, Wayne, for his love and support, and his help in teaching me how to use the computer, with which this book was created.

Many thanks to all those who encouraged me to write this book, so that other companion animals could be nourished with food that is fresh, wholesome and varied.

For their reviews, I extend my appreciation to Don Hamilton, DVM, Nancy and Bob Mueller, DVM, and Barbara Foster of the Affinity Holistic Clinic. A special thank-you goes to Deborah C. Mallu, DVM, CAC, and Allen M. Schoen, DVM, MS, for their revies and the Foreword.

I am deeply grateful to Jean Dodds, DVM for persevering in her important work in veterinary medicine which has, no doubt, contributed immensely to the health and longevity of animals around the world, for her kind permission to excerpt articles, faxes, consultations, and for her wonderfully informative seminars.

My sincere thanks to Deborah C. Mallu, DVM, Don Hamilton, DVM, Marty Goldstein, DVM, Anna Jones, Mary Lenertz, Bill Pollak, DVM, Donna Mehan, DVM, Charles T. Schenck, DVM, for contributing their helpful information.

The American Holistic Veterinary Medical Association (AHVMA) deserves recognition and appreciation for its fine work in continuing to inform all animal lovers about the Holistic or Complementary approach to healing in Veterinary Medicine, through it's Journal, and Annual Conference.

Thank you!

It's For The Animals! "Cook" Book
with the Guided Tour of Natural Care *and* Resource Directory

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A portion of the sale of this book is donated to The Shelters and The Rescue Groups

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Thank you!

"Cook" Book *with the*
Guided Tour of Natural Care *and* Resource Directory

Here's what the animal experts have to say:

"Helen McKinnon's It's For The Animals 'Cook' Book is a true blessing for animals. It offers them the ability to be as vital, alive, and as loving as they can be. It gives them an optimal chance of reaching their true potential as our warm, loving companions."

--------Allen M. Schoen, DVM, MS
Director, Veterinary Institute for Therapeutic Alternatives, Sherman, CT
Consultant at the Animal Medical Center, New York City
Co-author of Love, Miracles, and Animal Healing

"We had read about fresh food feeding and had totally agreed with the concept, but had no idea of how to get started. *Then* we had Helen demonstrate her method for us prior to publishing her book (we couldn't wait!), which really brought everything together. We've been making our own pet food ever since, and our dogs LOVE IT! Within a month on the fresh food, they were flat-out happier and more joyful.

We had all the excuses for not doing it—but we feel it was 'spiritually designed' that we needed to make our animal companions' food. No doubt the Universe wants them fed this way. We enjoy making the food, it doesn't seem like a chore at all."

---------Nancy Ann and Bob W. Mueller, DVM
Fair Chance Farm and Equine Hospital, Freehold, NJ

"Helen McKinnon's cookbook provides a simple yet comprehensive method for providing the best preventive care for our companion animals, cooking with love. Freshly prepared foods can bring back the vitality that they deserve and that they have lost from years of 'junk food' diets.

It is more clear than ever that yearly 'boosters' are completely unnecessary for dogs and cats. Also, evidence is accumulating that these same vaccines can be extremely harmful in many animals. Even initial vaccinations are being challenged by many in our profession.

Take the money saved from booster vaccines and put it into good food. Your animal friends will love you for it, and you will see the difference."

--------Don Hamilton, DVM
Los Animales - Wholistic Pet Care
Ocate, New Mexico

"'KISS' (keep it simple stupid) is Helen's motto and works for my rave review. Helen addresses all the excuses we make about feeding our companion animals naturally. It would be tough for anyone to read this book and open another can or bag of animal food! Here is a cook book that misses no details to take us from reading to putting the food in the dish. All your clients and each of you need this book. No more said - 'Just Do It'!"

--------Deborah C. Mallu, DVM, CAC
Holistic Veterinary Care
Review for the JOURNAL of the American Holistic Veterinary Medical Association

About The Author *and*

"Cook" Book *with the* Guided Tour of Natural Care *and* Resource Directory

This unique book is the result of Helen's research and development to find an easy, practical way to make delicious, nutritious home-made food for her dogs and cats. Like "making a stew", it's a time-saving, original, two-step method to make a "big batch" of food. Most people can make a batch once a month, and freeze weekly portions. She shares the dramatic differences she saw in her animal companions, and how much healthier and happier they've been since being fed *only home-made food.* The extensive Resources Section is packed with vital information for all animal caregivers.

It's For The Animals! "Cook" Book with the Guided Tour of Natural Care and Resource Directory is recommended by Holistic Veterinarians and is available at most Animal Specialty Shops, Natural Foods Stores, Holistic Veterinarians Animal Caregivers, and the Journal of The American Holistic Veterinary Medical Assoc.

Helen has been a guest on radio shows and internet on-line forums and Natural Animal Care Expos. She's also been interviewed for articles in national magazines, and newsletters. It's For The Animals! "Cook" Book with the Guided Tour of Natural Care and Resource Directory has had rave reviews in a holistic veterinary journal, many newsletters, and newspapers.

A native Mid-Westerner, Helen lived in the Boston area for about twenty years and was fortunate to have Dr. Richard Kearns as her veterinarian. Helen enjoys sharing her experience, strength, and hope, *especially when animal companions can benefit.* She and her husband, Robert W. Cauley, live in a semi-rural area of New Jersey with their warm, loving, animal companions:

Maggie Mae, Paco (Danny's Sire), and Danny Boy (the dogs).

George, Francine, Felix, Silver Belle, Ginger Kitty, Ms. Muffin, The Big Kahuna, Tura Lura Lura, and Cookie (the cats).

Comments and ideas are welcomed.

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